

<b>BREAKFASTS</b>	<b>Argentina: Buenos Aires - March 2022</b>		<b>Argentina: Nov 2022</b>		<b>Nov-22</b>	<b>South Africa: Nov 2022</b>		
	<b>ex Rate: 108.7</b>		<b>ex Rate: 158</b>		<b>300.00</b>	<b>% Difference to ZA</b>		
	<b>ARS</b>	<b>USD</b>	<b>ARS</b>	<b>Official USD</b>	<b>Blue \$</b>	<b>USD</b>	<b>Official</b>	<b>Blue \$</b>
Eggs (6x) - Extra Large			195	1.23	0.65	1.99	-61%	-206%
Yoghurt - various packgaing sizes (per kg)	560	5.15	1 506	9.53	5.02	3.12	67%	38%
Coffee - 250g Ground			1 665	10.54	5.55	4.68	56%	16%
Muesli - packaged (per kg)			1 280	8.10	4.27	4.68	42%	-10%
Oats - 1kg						2.46		
Sugar (brown) - (per kg)	149	1.37				1.35		
Baking Powder						2.28		
Flour -self raising (per kg)	81	0.75				1.75		

<b>LUNCH &amp; SNACKS</b>	<b>Argentina: Buenos Aires - March 2022</b>		<b>Argentina: Nov 2022</b>		<b>Nov-22</b>	<b>South Africa: Nov 2022</b>		
	<b>ex Rate: 108.70</b>		<b>ex Rate: 158.00</b>		<b>300.00</b>	<b>% Difference to ZA</b>		
	<b>ARS</b>	<b>USD</b>	<b>ARS</b>	<b>Official USD</b>	<b>Blue USD</b>	<b>USD</b>	<b>Official</b>	<b>Blue \$</b>
Bread (std) - per loaf	325	2.99	334	2.11	1.11	1.05	50%	5%
Bread (artisanal) - eg sourdough loaf						2.46		
Bread - Baguette						1.05		
Marie Biscuits or similar(packet)						3.39		
Provitas (500g) and lunch biscuits						1.87		
Popcorn kernels						1.87		
Cheese - Gouda 1kg	1 259	11.58	1 699	10.75	5.66	11.55	-7%	-104%



Marmite - 250g				4.09			
Game - 500g tin		750	4.75	2.50	6.67	-40%	-167%
Rice - (per kg)		129	0.82	0.43	1.29	-58%	-199%
Mayonaise Squeeze bottle - (per litre)					5.15		
Mustard (small jar)					2.51		
Pickled Onions (big jar)					3.86		
Olive Oil (750ml)					9.77		
Gherkins - 380g					2.11		
Spaghetti (500g)					1.23		
Peanut Butter - 400g					2.28		
Tinned Peaches							
Sweet Corn Tins							
Tuna (tin)					1.58		
Diced Tomatoes Tin		105	0.66	0.35	1.29	-94%	-268%
Beans Black - 400g tin							
Long Life Milk							
Jam							
Salt	109		1.00				
Worcester Sauce							
Black Pepper							

<u>CLEANING</u>	Argentina: Buenos Aires - March 2022		Argentina: Nov 2022			South Africa: Nov 2022		
	ARS	USD	ARS	Official USD	Blue USD	USD	Official	Blue \$
Dishwashing Liquid - 400ml			411	2.60	1.37	3.65	-41%	-167%
Kleen Green								
Washing up sponges			120	0.76	0.40	0.39	49%	3%



Other Costs:	Argentina: Buenos Aires - March 2022		Argentina: Nov 2022			South Africa: Nov 2022		
	ARS	USD	ARS	Official USD	Blue USD	USD	% Difference to ZA Official	Blue \$
Camping costs (2 persons) - per night - Average			2300	14.56	7.67	19.88	-37%	-159%
Free / Wild camping - average # nights per week			3					
Diesel price per litre - price at time of visit, for a more accurate current prices and comparisons refer to: <a href="https://www.globalpetrolprices.com/diesel_prices/">https://www.globalpetrolprices.com/diesel_prices/</a>			201	1.27	0.67			
Internet (per Gigabyte, 30 day validity)			150.00	0.95	0.50	0.58	38%	-17%