

**Table to show items for sale at a local trading post in Malawi (March 2012) – place: Kayabwa**

Item (katundu)	Where it comes from (Kochokera)	How it reaches the trading post	Price (mtengo) in Malawi Kwacha (£1= c.MK250)
Tomato	Fields near Bunda (nearby town on fertile hill)	By bicycle	5 small ones for MK10 5 large ones for MK20
Fish (sundried or smoked)	Lake Malawi	By bus (sundried or smoked at lake)	MK50 for pile c.5x5x2cm
Oil	From Macadamia nuts in Mzuzu, via Lilongwe	By bus and hired car	20ml for MK20
Guava	Kayabwa or neighbouring villages	By foot (in basket on head)	Small = MK5 Large = MK10
Groundnuts (=peanuts)	Fields around Bunda, or near Kayabwa	By bicycle or on foot	1 pile for MK10
Sweet potato	Fields around Bunda	By bicycle	MK5 each
Salt	Mozambique coast, via Lilongwe	By lorry	MK10 per pack
Sugar cane	Fields around Kayabwa	By foot	MK15 per stick

**Notes on items for sale at Kayabwa’s nearest trading post**

Standard five pupils looked at 8 different food items for sale at the local trading post. They asked the vendors where the food had come from, how it had been transported to the trading post and how much it cost. The results are shown in the table above.

Although Lilongwe, the Capital of Malawi, itself is only about 6km away, many children at Kayabwa School are likely to visit the shops and markets there infrequently, if at all.

Other items on sale at the trading post were as follows:

- Eggs
- Soap
- Onions
- Flour (maize flour)
- Bread
- Cabbages
- Firewood
- Plastic bags
- Flip flops
- Shoes (second hand)
- Bicycle parts
- Door frames
- Mandazi (a kind of doughnut)
- Chips

There were probably other things there which we didn't notice.

Of course some of the food items, like sweet potato, are seasonal and other fruits/vegetable would be for sale at other times of year.