

## THE DEFINITIVE FOOD PRICES GUIDE FOR MASASI

FOOD	AMT	QNTY	PRICE (TZS)	COMMENTS
<b>Starches/Carbs</b>				
Cooking bananas	1 piece		150 /=	4 varieties, same price. Mshale, Mzuzu & Malindi are harder when cooked (starchy), Bukoba are softer and sweeter.
Corn flour	1000 grams		1000 /=	Too many different kinds to count, prices probably vary as well. Freshly ground varieties are available on grind street.
Pasta	200 grams		500 /=	Locally made, comes in a plastic bag. Available at Hussein's shop. Santa Lucia spaghetti, get it at Hussein's cheaper; 1300 elsewhere.
	450 grams		1200 /=	
Potatoes	1000 grams		1000 /=	Various "qualities" are available in the soko. Rice at this value supposedly doesn't need to be sifted.
Rice	1000 grams		1700-1900 /= 2000 /=	
White flour	1000 grams		1300 /=	Available in the narrow alley near Zainabu's veggie stand.
WW flour	1000 grams		--	Not available in the soko, will have to get in Mtwara.
<b>Fruit</b>				
Banana	1 piece		150 /=	Still expensive here, since many are imported from the west. Different varieties are generally priced the same.
Mango	1 piece		200 /=	Price fluctuates based on the season. Big mangos can be 200 in season, or free from my own tree
Pineapple	1 piece		500? /=	Supposedly from Newala. <b>Check the price at the fruit stand near the bus stand.</b>
<b>Vegetables</b>				
Carrots	1 piece		500 /=	Carrots are BIG, <b>check weights to verify the split here.</b>
	1000 grams		3000 /=	
Cucumber	1 piece		500 /=	
Eggplant	1 piece		300 /=	Nice big bulbs can be had for 500; 700 is the mzungu price. <b>Check to see if 8 big bulbs is actually 1kg.</b>
Garlic	1 bulb		100-700 /=	
	1000 grams		4000 /=	
Green Pepper	1 piece		300 /=	
Hot Pepper	1 fist		100 /=	Usually about 4 or 5 peppers.
Lettuce	1 bundle		200 /=	Check weight price.
Matembele	1 bundle		200 /=	<b>Check weight price.</b>
Mchicha	1 bundle		200 /=	<b>Check weight price.</b>
Okra	1 bundle		300 /=	<b>Five to six stalks. Check weight price.</b>
	1 bulb		200 /=	Individual price is for big bulbs.
Onions	1000 grams		1600 /=	May have been a cheaper "per kilo" price, don't remember where...
	1 fist		1000 /=	Prices will drop by nearly half around June. Per kilo makes for better meal planning. A <i>kopo</i> (coffee tin) is available for 4500-6000 (Zainabu).
Tomatoes	1000 grams		3000-4000 /=	
<b>Beans/Lentils</b>				
Beans (Red)	1000 grams		1500 /=	There are red (dark) and lighter (purplish) varieties. All are the same price generally, and need to be cleaned before cooked.
Chickpeas	1000 grams		?	Available, but didn't write down the price.
Soy Beans	1000 grams		?	Available, but didn't write down the price.
<b>Condiments/Spices/Other</b>				
	1		4000 /=	Synthetic and expensive. Buying 3L saves 2000. Buying 5L saves 3000.
	3		10000 /=	
Cooking oil	5 litres		17000 /=	
	1 piece		200 /=	Ginger
	1000 grams		4000 /=	
Lemon/Lime	1 piece		200-500 /=	Available at the central soko intersection, shop with all the local medicines.
Popcorn	1000 grams		3000 /=	Small and big packages. No savings for buying bulk. Much like potatoes, one shilling per gram.
	200		200 /=	
Salt	500 grams		500 /=	
Sugar	1000 grams		2400-2500 /=	Hussein sells for 2400. Imported pre-packaged is available for 2500.
Tomato paste	1 packet		500 /=	Same middle-eastern brand everywhere, pick your shop.