

(A) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN

ITEM	Lilongwe		Zomba		Blantyre		Mzuzu		Karonga		Mangochi	
Maize	14,571	29,142	14,000	28,000	14,917	29,834	14,000	28,000	10,500	21,000	14,000	28,000
Milling (Including Grinding)	329	4,606	433	6,062	250	3,500	375	5,250	700	9,800	500	7,000
Beans (0.8kg/day) 8 Days	806	5,158	1,250	8,000	900	5,760	979	6,266	700	4,480	800	5,120
Dry Usipa (250g/day) 4 days	4,750	4,750	4,286	4,286	7,114	7,114	5,333	5,333	3,000	3,000	4,500	4,500
Dry Utaka/Mcheni (200g/day) 4 days	5,250	4,200	4,857	3,886	7,900	6,320	7,800	6,240	3,500	2,800	5,833	4,666
Kapenta (200g/day) 4 days	6,275	5,020	5,314	4,251	7,786	6,229	3,500	2,800	6,514	5,211	5,500	4,400
Beef(1 kg/day) 4 days	2,300	9,200	2,400	9,600	2,343	9,372	2,500	10,000	1,800	7,200	2,500	10,000
Eggs (12/day) 4 days	80	3,840	90	4,320	100	4,800	100	4,800	90	4,320	100	4,800
Rape (750g/day) for 30 days	231	5,198	386	8,685	354	7,965	450	10,125	227	5,108	533	11,993
Tomato (0.5 Kg/day) 30 days	400	6,000	464	6,960	711	10,665	852	12,780	875	13,125	503	7,545
Onion (116g/day) 30 days	588	2,058	746	2,611	807	2,825	596	2,086	783	2,741	1,083	3,791
Fresh Milk (250ml/day) 30 days	294	4,410	323	4,845	314	4,710	367	5,505	340	5,100	300	4,500
Kazinga Cooking oil (100mls/day)30 dys	1,406	4,218	1,400	4,200	1,371	4,113	1,183	3,549	1,160	3,480	1,600	4,800
Bread (5 bkfsts / wk) 20 days	436	8,720	438	8,760	431	8,620	450	9,000	500	10,000	433	8,660
Sugar (2 Kgs /Week)	923	7,384	907	7,256	929	7,432	908	7,264	900	7,200	950	7,600
Kitchen Salt	286	286	340	340	250	250	495	495	390	390	400	400
Tea leaves (Chisangalalo)	90	3,600	111	4,440	50	2,000	100	4,000	70	2,800	125	5,000
Cassava /potatoes (2Kgx2Bkfst/)	242	3,872	223	3,568	221	3,536	185	2,960	223	3,568	153	2,448
Sub-total		111,662		120,070		125,044		126,453		111,322		125,222

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Charcoal (50 kgs)	9,694	19,388	12,757	25,514	12,571	25,142	10,858	21,716	7,500	15,000	8,333	16,666
Protex	428	4,280	471	4,710	447	4,470	532	5,320	450	4,500	450	4,500
Boom	363	2,904	391	3,128	364	2,912	425	3,400	450	3,600	350	2,800
Clerc Body Lotion	510	1,020	555	1,110	519	1,038	613	1,226	650	1,300	500	1,000
Vaseline Blue Seal	756	1,512	774	1,548	792	1,584	753	1,066	795	1,590	800	1,600
Electricity	9,552	9,552	8,604	8,604	14,075	14,075	5,348	5,348	5,000	5,000	9,417	9,417
Running Water (meter)	6,380	6,380	8,612	8,612	10,158	10,158	6,380	6,380	11,487	11,487	9,256	9,256
Housing (3 bedroom)	49,125	49,125	38,958	38,958	44,125	44,125	25,167	25,167	22,000	22,000	31,375	31,375
Sub-total		94,161		92,184		103,504		69,623		64,477		76,614
Total Basic Needs		205,823		212,254		228,548		196,076		175,799		201,836

(C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu	Karonga	Mangochi	
Education							Fuel (cost at the pump)
Secondary (fees) per year	36999	18363	20964	41103	33882	27250	Diesel (per litre) K924.00
Primary (GPF) per year	1605	1506	1825	7875	6544	3603	Petrol (per litre) K930.00
Uniform/shoes (Primary) per year	12515	21287	16153	8023	10664	15587	Paraffin (per litre) K710.50
Uniform/shoes (Secondary) per year	16310	26395	17591	10387	17571	17078	
Other (pens, books, etc.) per term	9166	15431	28325	6063	8867	15953	
Minibus fare to town and back LL: MK1000; BT: MK416; ZA: MK400 – MK400; MZ: MK450 – MK500							

Average	Dec 2018	Jan 2019	Feb 2019	Mar 2019	Apr 2019	Mei 2019	Jun 2019	Jul 2019	Aug 2019	Sept 2019	Oct 2019	November, 2019
Amount (MK)	190,543	194,483	193,343	194,723	194,048	196,409	196,450	197,980	195,858	198,915	198,918	204,647

NB: 1 USA dollar (\$) = K786 Malawian Kwacha (MK). The Social Conditions Research Programm of the Centre for Social Concern Conducted these surveys from 20th and 21st November, 2019 in the cities of Blantyre, Zomba, Lilongwe, Mzuzu, Karonga and Mangochi.

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NOTE: The data on electricity, housing, water and other additional costs is collected and analysed on quarterly basis