



CFSC BASIC NEEDS BASKET BASKET: LILONGWE, ZOMBA, BLANTYRE, MZUZU, MANGOCHI AND KARONGA July 2022

(A) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN												
ITEM	Lilongwe		Zomba		Blantyre		Mzuzu		Karonga		Mangochi	
Maize	15,143	30,286	13,800	27,600	14,583	29,166	17,333	34,666	15,000	30,000	15,333	30,666
Milling (Including Grinding)	443	6,202	567	7,938	400	5,600	583	8,162	700	9,800	700	9,800
Beans (0.8kg/day) 8 Days	1,388	8,883	1,800	11,520	1,486	9,510	2,050	13,120	700	4,480	1,400	8,960
Dry Usipa (250g/day) 4 days	7,000	7,000	8,571	8,571	10,500	10,500	4,167	4,167	0	0	6,833	6,833
Dry Utaka/Mcheni (200g/day) 4 days	7,575	6,060	8,571	6,857	10,714	8,571	6,250	5,000	2,500	2,000	7,667	6,134
Kapenta (200g/day) 4 days	1,250	1,000	8,743	6,994	13,286	10,629	3,583	2,866	2,500	2,000	8,833	7,066
Beef(1 kg/day) 4 days	3,500	14,000	3,500	14,000	2,829	11,316	4,000	16,000	3,000	12,000	4,000	16,000
Eggs (12/day) 4 days	126	6,048	147	7,056	120	5,760	150	7,200	150	7,200	150	7,200
Rape (750g/day) for 30 days	355	7,988	393	8,843	457	10,283	599	13,478	525	11,813	583	13,118
Tomato (0.5 Kg/day) 30 days	800	12,000	764	11,460	750	11,250	1,263	18,945	778	11,670	1,013	15,195
Onion (116g/day) 30 days	1,100	3,850	1,129	3,952	821	2,874	1,320	4,620	675	2,363	2,233	7,816
Fresh Milk (250ml/day) 30 days	456	6,840	459	6,885	371	5,565	600	9,000	550	8,250	500	7,500
Bread (5 bkfst/ wk) 20 days	1,063	21,260	900	18,000	926	18,520	1,000	20,000	1,050	21,000	1,100	22,000
Sugar (2 Kgs /Week)	1,169	9,352	1,200	9,600	1,157	9,256	1,200	9,600	1,375	11,000	1,300	10,400
Kitchen Salt	469	469	500	500	486	486	978	978	390	390	500	500
Tea leaves (Chisangalalo)	131	5,240	153	6,120	50	2,000	172	6,880	100	4,000	192	7,680
Cassava /potatoes (2Kgx2Bkfst/)	338	5,408	207	3,312	371	5,936	244	3,904	394	6,304	240	3,840
Sub-total		163,400		171,978		168,642		190,061		155,819		192,707
(B) COST OF ESSENTIAL NON-FOOD ITEMS												
Charcoal (50 kgs)	21,090	42,180	15,813	31,626	20,000	40,000	20,000	40,000	7,500	15,000	12,500	25,000
Protex	719	7,190	806	8,060	700	7,000	892	8,920	650	6,500	750	7,500
Boom	779	6,232	814	6,512	757	6,056	658	5,264	650	5,200	800	6,400
Clere Body Lotion	453	906	459	918	454	908	388	776	0	0	617	1,234
Vaseline Blue Seal	1,350	2,700	1,386	2,772	1,307	2,614	1,963	3,926	1,500	3,000	800	1,600
Electricity	12,339	12,339	10,580	10,580	15,789	15,789	7,016	7,016	5,599	5,599	5,681	5,681
Running Water (meter)	11,052	11,052	11,194	11,194	15,227	15,227	6,820	6,820	9,490	9,490	8,761	8,761
Housing (3 bedroom)	73,443	73,443	47,679	47,679	58,719	58,719	34,736	34,736	22,225	22,225	36,991	36,991
Sub-total		156,042		119,341		314,955		104,598		67,014		93,167
Total Basic Needs		319,442		291,319		314,955		294,659		222,833		285,874
(C) SOME OTHER ADDITIONAL COSTS												
	Lilongwe	Zomba	Blantyre	Mzuzu	Karonga	Mangochi						
Education												
Secondary (fees) per year	38,250	30,284	22,924	46,500	32,054	30,000						
Primary (GPF) per year	2,100	4,973	3,846	1,289	6,175	3,037						
Uniform/shoes (Primary) per year	28,125	34,979	53,055	47,011	41,924	43,367						
Uniform/shoes (Secondary) per year	54,000	33,308	40,989	69,610	55,721	46,400						
Other (pens, books, etc.) per term	22,016	9,709	17,363	10,422	18,740	23,925						
Minibus fare to town and back LL: MK1400; BT: MK700; ZA: MK500 – MK600; MZ: MK550 – MK600												
Monthly Average	July,2021	Aug,2021	Sept,2021	Oct, 2021	Dec,2021	Jan,2022	Feb,2022	March,2022	April 2022	May,2022	June,2022	July 2022
Amount (MK)	203,430	205,733	208,427	206,772	229,587	235,584	242,394	245,799	250,243	257,028	270,799	288,180

Fuel (cost at the pump)	
Diesel (per litre)	K1920
Petrol (per litre)	K1999
Paraffin (per litre)	K1236

NB: 1 USA dollar (\$) = K1,038 Malawian Kwacha (MK). Source National Bank of Malawi: The Social Conditions Research Programm of the Centre for Social Concern Conducted these surveys from 23rd and 24th July, 2022 in the cities of Blantyre, Zomba, Lilongwe, Mzuzu, Karonga and Mangochi

Centre for Social Concern, P.O. Box 40049, Lilongwe, Malawi Tel: 265-991-843-249: director@cfscmafr.org or admin@cfscmafr.org

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