



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

(A) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN												
ITEM	Lilongwe	Zomba	Blantyre	Mzuzu	Karonga	Mangochi						
Maize	19,857	39,714	23,600	47,200	23,250	46,500	18,208	36,416	20,000	40,000	22,000	44,000
Milling (Including Grinding)	471	6,594	583	8,162	400	5,600	1,250	17,500	600	8,400	700	9,800
Beans (0.8kg/day) 8 Days	1,488	9,523	1,800	11,520	1,757	11,245	2,092	13,389	700	4,480	1,600	10,240
Dry Usipa (250g/day) 4 days	7,575	7,575	6,714	6,714	16,000	16,000	4,500	4,500	5,000	5,000	7,500	7,500
Dry Utaka/Mcheni (200g/day) 4 days	6,925	5,540	7,571	6,057	9,736	7,789	8,817	7,054	2,500	2,000	8,833	7,066
Kapenta (200g/day) 4 days	0	0	7,114	5,691	18,857	15,086	4,000	3,200	0	0	11,833	9,466
Beef(1 kg/day) 4 days	4,038	16,152	3,857	15,428	3,643	14,572	4,333	17,332	3,500	14,000	4,000	16,000
Eggs (12/day) 4 days	145	6,960	150	7,200	200	9,600	150	7,200	145	6,960	150	7,200
Rape (750g/day) for 30 days	380	8,550	471	10,598	943	21,218	605	13,613	430	9,675	633	14,243
Tomato (0.5 Kg/day) 30 days	725	10,875	1,393	20,895	1,693	25,395	1,153	17,295	700	10,500	1,010	15,150
Onion (116g/day) 30 days	1,125	3,938	921	3,224	929	3,252	1,382	4,837	1,100	3,850	1,967	6,885
Fresh Milk (250ml/day) 30 days	444	6,660	440	6,600	436	6,540	800	12,000	600	9,000	500	7,500
Kazinga Cooking oil (100mls/day)30 days	3,525	10,575	4,000	12,000	3,793	11,379	3,800	11,400	3,390	10,170	4,000	12,000
Bread (5 bkfsts / wk) 20 days	1,200	24,000	1,267	25,340	1,200	24,000	1,300	26,000	1,300	26,000	1,200	24,000
Sugar (2 Kgs /Week)	1,463	11,704	1,429	11,432	1,500	12,000	1,583	12,664	1,490	11,920	1,500	12,000
Kitchen Salt	525	525	550	550	557	557	1,230	1,230	390	390	700	700
Tea leaves (Chisangalalo)	153	6,120	138	5,520	50	2,000	200	8,000	100	4,000	200	8,000
Cassava /potatoes (2Kgx2Bkfst/)	238	3,808	359	5,744	514	8,224	419	6,704	450	7,200	450	7,200
Sub-total		178,813		209,874		240,955		220,333		173,545		218,950
(B) COST OF ESSENTIAL NON-FOOD ITEMS												
Charcoal (50 kgs)	20,000	40,000	15,972	31,944	25,000	50,000	20,000	40,000	7,500	15,000	16,417	32,834
Protex	838	8,380	864	8,640	779	7,790	950	9,500	700	7,000	1,000	10,000
Boom	850	6,800	860	6,880	807	6,456	658	5,264	750	6,000	850	6,800
Clerc Body Lotion	625	1,250	504	1,008	496	992	1,300	2,600	650	1,300	600	1,200
Vaseline Blue Seal	1,450	2,900	2,043	4,086	1,307	2,614	1,963	1,066	2,000	4,000	800	1,600
Electricity	12,230	12,230	9,657	9,657	18,048	18,048	5,966	5,966	5,183	5,183	7,476	7,476
Running Water (meter)	8,731	8,731	9,364	9,364	18,328	18,328	5,943	5,943	7,717	7,717	7,973	7,973
Housing (3 bedroom)	72,288	72,288	44,807	44,807	60,093	60,093	34,008	34,008	23,981	23,981	37,247	37,247
Sub-total		152,579		116,386				104,347		70,180		105,130
Total Basic Needs		331,392		326,260		405,276		324,680		243,725		324,080
(C) SOME OTHER ADDITIONAL COSTS												
	Lilongwe	Zomba	Blantyre	Mzuzu	Karonga	Mangochi						
Education												
Secondary (fees) per year	40,541	59,399	36,192	46,500	49,465		67,287					
Primary (GPF) per year	2,492	3,584	4,179	1,666	9,488		4,500					
Uniform/shoes (Primary) per year	27,790	38,371	59,851	50,222	37,590		45,544					
Uniform/shoes (Secondary) per year	41,406	41,937	46,896	72,000	68,478		47,937					
Other (pens, books, etc.) per term	20,320	12,169	23,778	14,276	31,971		28,918					
Minibus fare to town and back LL: MK1400; BT: MK700; ZA: MK500 – MK600; MZ: MK550 – MK600												
Monthly Average	Oct, 2021	Dec,2021	Jan,2022	Feb,2022	March,2022	April 2022	May,2022	June,2022	July 2022	Aug 2022	Sep 2022	Oct,2022
Amount (MK)	206772	229587	235584	242394	245799	250243	257028	270799	288180	307724	307368	325902

Fuel (cost at the pump)	
Diesel (per litre)	K1920
Petrol (per litre)	K1746
Paraffin (per litre)	K833

NB: 1 USA dollar (\$) = K1,035.08 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 October, 2022 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