

**CfSC**

# The Centre for Social Concern

## Basic Needs Basket

Cost of Living for December 2022



*Centre for Reflection,  
Research and Action on  
Issues of Social Concern in  
the Light of the Gospel and  
the Church's Social  
Teaching*

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### Lilongwe cost of living for a household of six people for December 2022

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	22,938	45,876	Charcoal (50 kgs)	18,188	36,376
Milling (Including Grinding)	500	7,000	Protex	869	8,690
Beans (0.8kg/day) 8 Days	1,688	10,803	Boom	850	6,800
Dry Usipa (250g/day) 4 days	9,125	9,125	Clere Body Lotion	1,063	2,126
Dry Utaka/Mcheni (200g/day) 4 days	8,250	6,600	Vaseline Blue Seal	1,913	3,826
Kapenta (200g/day) 4 days	0	0	Electricity	12,230	12,230
Beef(1 kg/day) 4 days	4,000	16,000	Running Water (meter)	8,731	8,731
Eggs (12/day) 4 days	144	6,912	Housing (3 bedroom)	72,288	72,288
Rape (750g/day) for 30 days	400	9,000	<b>Sub-Total</b>		<b>151,067</b>
Tomato ( 0.5 Kg/day) 30 days	625	9,375	<b>Lilongwe Total Basic Needs</b>		<b>341,456</b>
Onion (116g/day) 30 days	1,185	4,148			
Fresh Milk (250ml/day) 30 days	578	8,670	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,763	11,289	Education		
Bread (5 bkfsts / wk) 20 days	1,281	25,620	Secondary (fees) per year		40,541
Sugar (2 Kgs /Week)	1,506	12,048	Primary (GPF) per year		2,492
Kitchen Salt	563	563	Uniform/shoes (Primary) per year		27,790
Tea leaves (Chisangalalo)	144	5,760	Uniform/shoes (Secondary) per year		41,406
Cassava /potatoes (2Kgx2Bkfst/)	100	1,600	Other (pens, books, etc.) per term		20,320
<b>Sub-Total</b>	<b>190,389</b>		<b>Sub-Total</b>		<b>132,549</b>

### Zomba cost of living for a household of six people for December

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	25,371	50,742	Charcoal (50 kgs)	12,786	25,572
Milling (Including Grinding)	586	8,204	Protex	857	8,570
Beans (0.8kg/day) 8 Days	2,043	13,075	Boom	910	7,280
Dry Usipa (250g/day) 4 days	6,857	6,857	Clere Body Lotion	1,007	2,014
Dry Utaka/Mcheni (200g/day) 4 days	7,714	6,171	Vaseline Blue Seal	2,407	4,814
Kapenta (200g/day) 4 days	6,000	4,800	Electricity	9,657	9,657
Beef(1 kg/day) 4 days	3,857	15,428	Running Water (meter)	9,364	9,364
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	44,807	44,807
Rape (750g/day) for 30 days	671	15,098	<b>Sub-Total</b>		<b>112,078</b>
Tomato ( 0.5 Kg/day) 30 days	771	11,565	<b>Zomba Total Basic Needs</b>		<b>324,296</b>
Onion (116g/day) 30 days	1,050	3,675			
Fresh Milk (250ml/day) 30 days	554	8,310	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	4,214	12,642	Education		
Bread (5 bkfsts / wk) 20 days	1,200	24,000	Secondary (fees) per year		59,399
Sugar (2 Kgs /Week)	1,550	12,400	Primary (GPF) per year		3,584
Kitchen Salt	563	563	Uniform/shoes (Primary) per year		38,371
Tea leaves (Chisangalalo)	138	5,520	Uniform/shoes (Secondary) per year		41,937
Cassava /potatoes (2Kgx2Bkfst/)	373	5,968	Other (pens, books, etc.) per term		12,169
<b>Sub-Total</b>	<b>212,218</b>		<b>Sub-Total</b>		<b>155,461</b>

### Blantyre cost of living for a household of six people for December 2022

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	27,143	54,286	Charcoal (50 kgs)	26,429	52,858
Milling (Including Grinding)	400	5,600	Protex	779	7,790
Beans (0.8kg/day) 8 Days	1,729	11,066	Boom	807	6,456
Dry Usipa (250g/day) 4 days	14,714	14,714	Clere Body Lotion	1,021	2,042
Dry Utaka/Mcheni (200g/day) 4 days	12,286	9,829	Vaseline Blue Seal	1,629	3,258
Kapenta (200g/day) 4 days	16,286	13,029	Electricity	18,048	18,048
Beef(1 kg/day) 4 days	3,714	14,856	Running Water (meter)	18,328	18,328
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	60,093	60,093
Rape (750g/day) for 30 days	491	11,048	<b>Sub-Total</b>		<b>168,873</b>
Tomato ( 0.5 Kg/day) 30 days	1,057	15,855	<b>Blantyre Total Basic Needs</b>		<b>396,341</b>
Onion (116g/day) 30 days	1,036	3,626			
Fresh Milk (250ml/day) 30 days	443	6,645	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,736	11,208	Education		
Bread (5 bkfsts / wk) 20 days	1,200	24,000	Secondary (fees) per year		36,192
Sugar (2 Kgs /Week)	1,500	12,000	Primary (GPF) per year		4,179
Kitchen Salt	571	571	Uniform/shoes (Primary) per year		59,851
Tea leaves (Chisangalalo)	70	2,800	Uniform/shoes (Secondary) per year		46,896
Cassava /potatoes (2Kgx2Bkfst/)	571	9,136	Other (pens, books, etc.) per term		23,778
<b>Sub-Total</b>		<b>227,468</b>	<b>Sub-Total</b>		<b>170,896</b>

### Mzuzu cost of living for a household of six people for December 2022

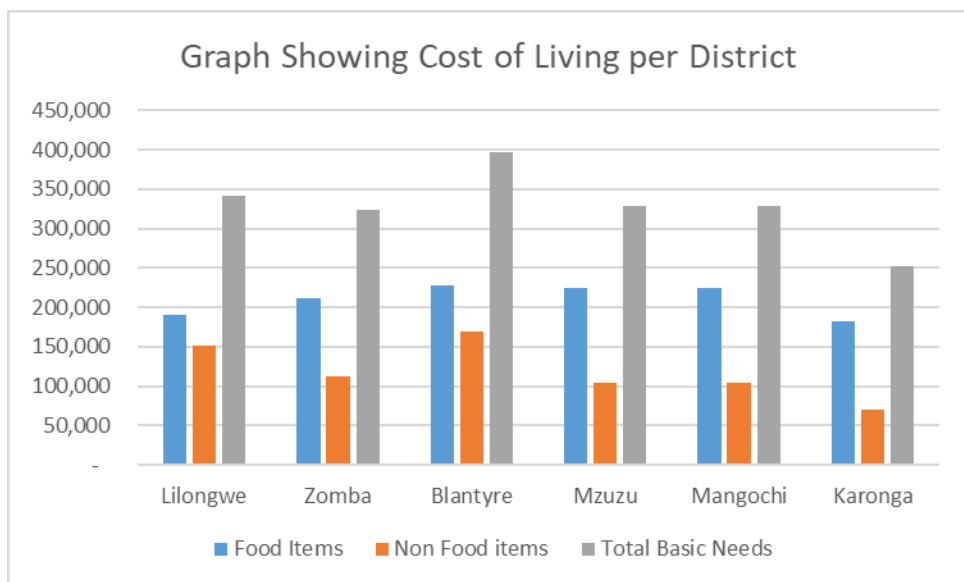
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	22,792	45,584	Charcoal (50 kgs)	20,000	40,000
Milling (Including Grinding)	700	9,800	Protex	958	9,580
Beans (0.8kg/day) 8 Days	2,092	13,389	Boom	658	5,264
Dry Usipa (250g/day) 4 days	4,500	4,500	Clere Body Lotion	958	1,916
Dry Utaka/Mcheni (200g/day) 4 days	8,633	6,906	Vaseline Blue Seal	1,988	1,066
Kapenta (200g/day) 4 days	4,000	3,200	Electricity	5,966	5,966
Beef(1 kg/day) 4 days	4,500	18,000	Running Water (meter)	5,943	5,943
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	34,008	34,008
Rape (750g/day) for 30 days	638	14,355	<b>Sub-Total</b>		<b>103,743</b>
Tomato ( 0.5 Kg/day) 30 days	1,210	18,150	<b>Mzuzu Total Basic Needs</b>		<b>328,148</b>
Onion (116g/day) 30 days	1,472	5,152			
Fresh Milk (250ml/day) 30 days	800	12,000	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,833	11,499	Education		
Bread (5 bkfsts / wk) 20 days	1,300	26,000	Secondary (fees) per year		46,500
Sugar (2 Kgs /Week)	1,600	12,800	Primary (GPF) per year		4,998
Kitchen Salt	1,230	1,230	Uniform/shoes (Primary) per year		50,222
Tea leaves (Chisangalalo)	200	8,000	Uniform/shoes (Secondary) per year		72,000
Cassava /potatoes (2Kgx2Bkfst/)	415	6,640	Other (pens, books, etc.) per term		14,276
<b>Sub-Total</b>		<b>224,405</b>	<b>Sub-Total</b>		<b>187,996</b>

Mangochi cost of living for a household of six people for December 2022					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	23,667	47,334	Charcoal (50 kgs)	14,000	28,000
Milling (Including Grinding)	700	9,800	Protex	1,200	12,000
Beans (0.8kg/day) 8 Days	1,600	10,240	Boom	850	6,800
Dry Usipa (250g/day) 4 days	6,167	6,167	Clere Body Lotion	1,300	2,600
Dry Utaka/Mcheni (200g/day) 4 days	10,667	8,534	Vaseline Blue Seal	1,000	1,600
Kapenta (200g/day) 4 days	8,000	6,400	Electricity	7,476	7,476
Beef(1 kg/day) 4 days	4,000	16,000	Running Water (meter)	7,973	7,973
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	37,247	37,247
Rape (750g/day) for 30 days	683	15,368		<b>Sub-Total</b>	<b>103,696</b>
Tomato ( 0.5 Kg/day) 30 days	1,123	16,845	<b>Mangochi Total Basic Needs</b>		<b>328,411</b>
Onion (116g/day) 30 days	2,033	7,116			
Fresh Milk (250ml/day) 30 days	600	9,000	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	4,000	12,000	Education		
Bread (5 bkfsts / wk) 20 days	1,267	25,340	Secondary (fees) per year		67,287
Sugar (2 Kgs /Week)	1,500	12,000	Primary (GPF) per year		4,500
Kitchen Salt	700	700	Uniform/shoes (Primary) per year		45,544
Tea leaves (Chisangalalo)	200	8,000	Uniform/shoes (Secondary) per year		47,937
Cassava /potatoes (2Kgx2Bkfst/)	417	6,672	Other (pens, books, etc.) per term		28,918
	<b>Sub-Total</b>	<b>224,715</b>		<b>Sub-Total</b>	<b>194,186</b>

Karonga cost of living for a household of six people for December 2022					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	23,750	47,500	Charcoal (50 kgs)	7,526	15,052
Milling (Including Grinding)	700	9,800	Protex	700	7,000
Beans (0.8kg/day) 8 Days	700	4,480	Boom	670	5,360
Dry Usipa (250g/day) 4 days	5,000	5,000	Clere Body Lotion	1,450	2,900
Dry Utaka/Mcheni (200g/day) 4 days	3,250	2,600	Vaseline Blue Seal	1,550	3,100
Kapenta (200g/day) 4 days	2,500	2,000	Electricity	5,183	5,183
Beef(1 kg/day) 4 days	3,500	14,000	Running Water (meter)	7,717	7,717
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	23,981	23,981
Rape (750g/day) for 30 days	510	11,475		<b>Sub-Total</b>	<b>70,292</b>
Tomato ( 0.5 Kg/day) 30 days	675	10,125	<b>Karonga Total Basic Needs</b>		<b>252,482</b>
Onion (116g/day) 30 days	1,000	3,500			
Fresh Milk (250ml/day) 30 days	340	5,100	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,380	10,140	Education		
Bread (5 bkfsts / wk) 20 days	1,200	24,000	Secondary (fees) per year		49,465
Sugar (2 Kgs /Week)	1,500	12,000	Primary (GPF) per year		9,488
Kitchen Salt	390	390	Uniform/shoes (Primary) per year		37,590
Tea leaves (Chisangalalo)	100	4,000	Uniform/shoes (Secondary) per year		68,478
Cassava /potatoes (2Kgx2Bkfst/)	555	8,880	Other (pens, books, etc.) per term		31,971
	<b>Sub-Total</b>	<b>182,190</b>		<b>Sub-Total</b>	<b>196,992</b>

**Table Showing Cost of Living per District**

District	Food Items	Non Food items	Total Basic Needs
Lilongwe	190,389	151,067	341,456
Zomba	212,218	112,078	324,296
Blantyre	227,468	168,873	396,341
Mzuzu	224,405	103,743	328,148
Mangochi	224,715	103,696	328,411
Karonga	182,190	70,292	252,482



Note: Total Basic Needs is calculated from Total Food Items + Total Non Food Items

## Monthly Average for Cost of Living

Monthly Average	2022	2022	2022	2022	2022	2022	2022	2022	2022	2022	2022	2022
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Amount (MK)	235,584	242,394	245,799	250,243	257,028	270,799	288,180	307,724	307,368	325,902	327,606	328,522

## Fuel Cost

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

## Minibus Fare

Minibus fare to town and back	
Lilongwe	K1400
Zomba	K500
Blantyre	K700
Mzuzu	K550 – K 600

NB: 1 USA dollar (\$) = K1, 024.09 Malawian Kwacha (MK). Source National Bank of Malawi: The Social Conditions Research Programme of the Centre for Social Concern  
 Conducted these surveys from 7<sup>th</sup> to 8<sup>th</sup> December, 2022 in the cities of Blantyre, Zomba, Lilongwe, Mzuzu, Karonga and Mangochi

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