

CfSC

The Centre for Social Concern

Basic Needs Basket

Cost of living for February 2023



*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 February 2023

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|----------------|--------|---------------------------------------|----------------|--------|
| Maize | 31,875 | 63,750 | Charcoal (50 kgs) | 25,188 | 50,376 |
| Milling (Including Grinding) | 475 | 6,650 | Protex | 906 | 9,060 |
| Beans (0.8kg/day) 8 Days | 1,663 | 10,643 | Boom | 856 | 6,848 |
| Dry Usipa (250g/day) 4 days | 8,250 | 8,250 | Clere Body Lotion | 1,228 | 2,456 |
| Dry Utaka/Mcheni (200g/day) 4 days | 9,750 | 7,800 | Vaseline Blue Seal | 2,175 | 4,350 |
| 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 | 150 | 7,200 | Housing (3 bedroom) | 72,288 | 72,288 |
| Rape (750g/day) for 30 days | 619 | 13,928 | Sub-Total | 166,339 | |
| Tomato (0.5 Kg/day) 30 days | 1,425 | 21,375 | Lilongwe Total Basic Needs | 402,050 | |
| Onion (116g/day) 30 days | 1,100 | 3,850 | C. SOME OTHER ADDITIONAL COSTS | | |
| Fresh Milk (250ml/day) 30 days | 588 | 8,820 | Education | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,550 | 10,650 | Secondary (fees) per year | | 40,541 |
| Bread (5 bkfsts / wk) 20 days | 1,294 | 25,880 | Primary (GPF) per year | | 2,492 |
| Sugar (2 Kgs /Week) | 1,494 | 11,952 | Uniform/shoes (Primary) per year | | 27,790 |
| Kitchen Salt | 563 | 563 | Uniform/shoes (Secondary) per year | | 41,406 |
| Tea leaves (Chisangalalo) | 250 | 10,000 | Other (pens, books, etc.) per term | | 20,320 |
| Cassava /potatoes (2Kgx2Bkfst/) | 525 | 8,400 | Sub-Total | 132,549 | |
| Sub-Total | 235,711 | | Sub-Total | 132,549 | |

Zomba cost of living for a household of six people for February 2023

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|----------------|--------|---------------------------------------|----------------|--------|
| Maize | 34,457 | 68,914 | Charcoal (50 kgs) | 14,071 | 28,142 |
| Milling (Including Grinding) | 600 | 8,400 | Protex | 926 | 9,260 |
| Beans (0.8kg/day) 8 Days | 1,971 | 12,614 | Boom | 866 | 6,928 |
| Dry Usipa (250g/day) 4 days | 7,286 | 7,286 | Clere Body Lotion | 1,193 | 2,386 |
| Dry Utaka/Mcheni (200g/day) 4 days | 7,286 | 5,829 | Vaseline Blue Seal | 2,457 | 4,914 |
| Kapenta (200g/day) 4 days | 0 | 0 | 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 | 180 | 8,640 | Housing (3 bedroom) | 44,807 | 44,807 |
| Rape (750g/day) for 30 days | 843 | 18,968 | Sub-Total | 115,458 | |
| Tomato (0.5 Kg/day) 30 days | 1,421 | 21,315 | Zomba Total Basic Needs | 358,709 | |
| Onion (116g/day) 30 days | 1,614 | 5,649 | C. SOME OTHER ADDITIONAL COSTS | | |
| Fresh Milk (250ml/day) 30 days | 511 | 7,665 | Education | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,786 | 11,358 | Secondary (fees) per year | | 59,399 |
| Bread (5 bkfsts / wk) 20 days | 1,300 | 26,000 | Primary (GPF) per year | | 3,584 |
| Sugar (2 Kgs /Week) | 1,529 | 12,232 | Uniform/shoes (Primary) per year | | 38,371 |
| Kitchen Salt | 593 | 593 | Uniform/shoes (Secondary) per year | | 41,937 |
| Tea leaves (Chisangalalo) | 139 | 5,560 | Other (pens, books, etc.) per term | | 12,169 |
| Cassava /potatoes (2Kgx2Bkfst/) | 425 | 6,800 | Sub-Total | 155,461 | |
| Sub-Total | 243,251 | | Sub-Total | 155,461 | |

Blantyre cost of living for a household of six people for February 2023

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 32,500 | 65,000 | Charcoal (50 kgs) | 26,429 | 52,858 |
| Milling (Including Grinding) | 400 | 5,600 | Protex | 821 | 8,210 |
| Beans (0.8kg/day) 8 Days | 1,729 | 11,066 | Boom | 836 | 6,688 |
| Dry Usipa (250g/day) 4 days | 19,429 | 19,429 | Clere Body Lotion | 1,143 | 2,286 |
| Dry Utaka/Mcheni (200g/day) 4 days | 16,429 | 13,143 | Vaseline Blue Seal | 1,779 | 3,558 |
| Kapenta (200g/day) 4 days | 19,429 | 15,543 | Electricity | 18,048 | 18,048 |
| Beef(1 kg/day) 4 days | 3,857 | 15,428 | 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 | 379 | 8,528 | Sub-Total | | 170,069 |
| Tomato (0.5 Kg/day) 30 days | 1,714 | 25,710 | Blantyre Total Basic Needs | | 430,560 |
| Onion (116g/day) 30 days | 1,429 | 5,002 | | | |
| Fresh Milk (250ml/day) 30 days | 479 | 7,185 | C. SOME OTHER ADDITIONAL COSTS | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,686 | 11,058 | Education | | |
| Bread (5 bkfsts / wk) 20 days | 1,229 | 24,580 | Secondary (fees) per year | | 36,192 |
| Sugar (2 Kgs /Week) | 1,493 | 11,944 | Primary (GPF) per year | | 4,179 |
| Kitchen Salt | 540 | 540 | Uniform/shoes (Primary) per year | | 59,851 |
| Tea leaves (Chisangalalo) | 70 | 2,800 | Uniform/shoes (Secondary) per year | | 46,896 |
| Cassava /potatoes (2Kgx2Bkfst/) | 671 | 10,736 | Other (pens, books, etc.) per term | | 23,778 |
| Sub-Total | | 260,491 | Sub-Total | | 170,896 |

Mzuzu cost of living for a household of six people for February 2023

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 28,708 | 57,416 | Charcoal (50 kgs) | 18,683 | 37,366 |
| Milling (Including Grinding) | 1,500 | 21,000 | Protex | 967 | 9,670 |
| Beans (0.8kg/day) 8 Days | 2,075 | 13,280 | Boom | 692 | 5,536 |
| Dry Usipa (250g/day) 4 days | 6,000 | 6,000 | Clere Body Lotion | 1,117 | 2,234 |
| Dry Utaka/Mcheni (200g/day) 4 days | 10,167 | 8,134 | Vaseline Blue Seal | 1,988 | 1,066 |
| Kapenta (200g/day) 4 days | 4,500 | 3,600 | 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 | 749 | 16,853 | Sub-Total | | 101,789 |
| Tomato (0.5 Kg/day) 30 days | 1,502 | 22,530 | Mzuzu Total Basic Needs | | 360,734 |
| Onion (116g/day) 30 days | 1,450 | 5,075 | | | |
| Fresh Milk (250ml/day) 30 days | 800 | 12,000 | C. SOME OTHER ADDITIONAL COSTS | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,900 | 11,700 | Education | | |
| Bread (5 bkfsts / wk) 20 days | 1,400 | 28,000 | 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/) | 383 | 6,128 | Other (pens, books, etc.) per term | | 14,276 |
| Sub-Total | | 258,945 | Sub-Total | | 187,996 |

Mangochi cost of living for a household of six people for February 2023

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 33,000 | 66,000 | Charcoal (50 kgs) | 13,167 | 26,334 |
| Milling (Including Grinding) | 700 | 9,800 | Protex | 1,300 | 13,000 |
| Beans (0.8kg/day) 8 Days | 1,600 | 10,240 | Boom | 800 | 6,400 |
| Dry Usipa (250g/day) 4 days | 11,000 | 11,000 | Clere Body Lotion | 1,300 | 2,600 |
| Dry Utaka/Mcheni (200g/day) 4 days | 12,500 | 10,000 | Vaseline Blue Seal | 2,000 | 1,600 |
| Kapenta (200g/day) 4 days | 13,333 | 10,666 | 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 | 744 | 16,740 | Sub-Total | | 102,630 |
| Tomato (0.5 Kg/day) 30 days | 2,333 | 34,995 | Mangochi Total Basic Needs | | 377,383 |
| Onion (116g/day) 30 days | 1,857 | 6,500 | | | |
| 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 | 800 | 800 | Uniform/shoes (Primary) per year | | 45,544 |
| Tea leaves (Chisangalalo) | 205 | 8,200 | Uniform/shoes (Secondary) per year | | 47,937 |
| Cassava /potatoes (2Kgx2Bkfst/) | 517 | 8,272 | Other (pens, books, etc.) per term | | 28,918 |
| Sub-Total | | 274,753 | Sub-Total | | 194,186 |

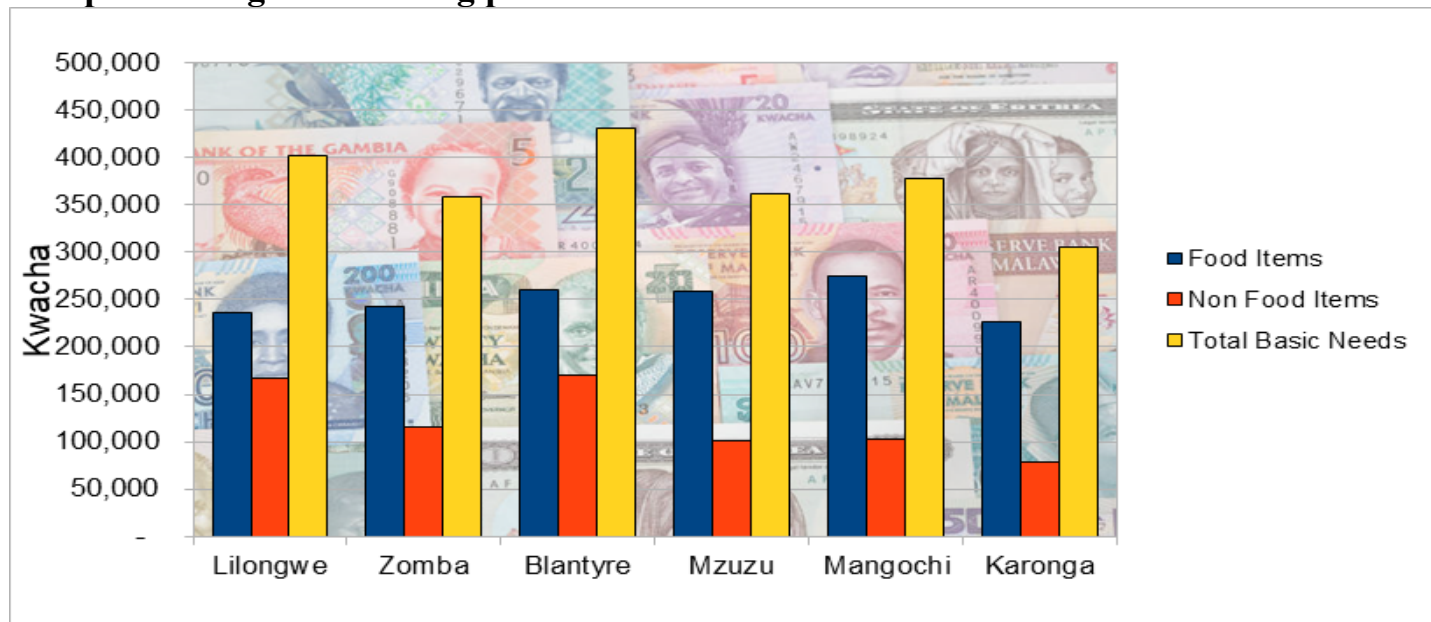
Karonga cost of living for a household of six people for February 2023

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 31,250 | 62,500 | Charcoal (50 kgs) | 10,020 | 20,040 |
| Milling (Including Grinding) | 700 | 9,800 | Protex | 750 | 7,500 |
| Beans (0.8kg/day) 8 Days | 700 | 4,480 | Boom | 850 | 6,800 |
| Dry Usipa (250g/day) 4 days | 5,000 | 5,000 | Clere Body Lotion | 1,750 | 3,500 |
| Dry Utaka/Mcheni (200g/day) 4 days | 3,000 | 2,400 | Vaseline Blue Seal | 2,250 | 4,500 |
| Kapenta (200g/day) 4 days | 0 | 0 | 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 | 200 | 9,600 | Housing (3 bedroom) | 23,981 | 23,981 |
| Rape (750g/day) for 30 days | 600 | 13,500 | Sub-Total | | 79,220 |
| Tomato (0.5 Kg/day) 30 days | 1,750 | 26,250 | Karonga Total Basic Needs | | 305,393 |
| Onion (116g/day) 30 days | 775 | 2,713 | | | |
| Fresh Milk (250ml/day) 30 days | 700 | 10,500 | C. SOME OTHER ADDITIONAL COSTS | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,600 | 10,800 | Education | | |
| Bread (5 bkfsts / wk) 20 days | 1,300 | 26,000 | 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/) | 765 | 12,240 | Other (pens, books, etc.) per term | | 31,971 |
| Sub-Total | | 226,173 | Sub-Total | | 196,992 |

Table showing cost of living per district

| District | Food Items | Non Food Items | Total Basic Needs |
|----------|------------|----------------|-------------------|
| Lilongwe | 235,711 | 166,339 | 402,050 |
| Zomba | 243,251 | 115,458 | 358,709 |
| Blantyre | 260,491 | 170,069 | 430,560 |
| Mzuzu | 258,945 | 101,789 | 360,734 |
| Mangochi | 274,753 | 102,630 | 377,383 |
| Karonga | 226,173 | 79,220 | 305,393 |

Graph showing cost of living per district



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 | 2023 | 2023 |
|-----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | Mar | Apr | May | Jun | Jul | Aug | Sept | Oct | Nov | Dec | Jan | Feb |
| Amount (MK) | 245,799 | 250,243 | 257,028 | 270,799 | 288,180 | 307,724 | 307,368 | 325,902 | 327,606 | 328,522 | 356,108 | 372,471 |

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 | K2000 |
| Zomba | K1000 |
| Blantyre | K1000 |
| Mzuzu | K550 – K 600 |

NB: 1 USA dollar (\$) = K1, 028.33 Malawian Kwacha (MK). Source: <https://www.oanda.com/>: The Social Conditions Research Programme of the Centre for Social Concern
 Conducted these surveys from 22nd and 23rd February, 2023 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