

CfSC

The Centre for Social Concern

Basic Needs Basket

Cost of Living for January 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 January 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	25,500	51,000	Charcoal (50 kgs)	19,538	39,076
Milling (Including Grinding)	438	6,132	Protex	950	9,500
Beans (0.8kg/day) 8 Days	1,700	10,880	Boom	925	7,400
Dry Usipa (250g/day) 4 days	10,000	10,000	Clere Body Lotion	1,238	2,476
Dry Utaka/Mcheni (200g/day) 4 days	13,875	11,100	Vaseline Blue Seal	2,263	4,526
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	315	7,088	Sub-Total	156,227	
Tomato (0.5 Kg/day) 30 days	1,650	24,750	Lilongwe Total Basic Needs	379,984	
Onion (116g/day) 30 days	1,313	4,596			
Fresh Milk (250ml/day) 30 days	556	8,340	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,738	11,214	Education		
Bread (5 bkfsts / wk) 20 days	1,281	25,620	Secondary (fees) per year		40,541
Sugar (2 Kgs /Week)	1,500	12,000	Primary (GPF) per year		2,492
Kitchen Salt	638	638	Uniform/shoes (Primary) per year		27,790
Tea leaves (Chisangalalo)	250	10,000	Uniform/shoes (Secondary) per year		41,406
Cassava /potatoes (2Kgx2Bkfst/)	450	7,200	Other (pens, books, etc.) per term		20,320
Sub-Total	223,757		Sub-Total	132,549	

Zomba cost of living for a household of six people for January 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	29,314	58,628	Charcoal (50 kgs)	14,714	29,428
Milling (Including Grinding)	600	8,400	Protex	926	9,260
Beans (0.8kg/day) 8 Days	2,000	12,800	Boom	866	6,928
Dry Usipa (250g/day) 4 days	7,714	7,714	Clere Body Lotion	1,107	2,214
Dry Utaka/Mcheni (200g/day) 4 days	7,714	6,171	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	150	7,200	Housing (3 bedroom)	44,807	44,807
Rape (750g/day) for 30 days	743	16,718	Sub-Total	116,572	
Tomato (0.5 Kg/day) 30 days	1,264	18,960	Zomba Total Basic Needs	341,235	
Onion (116g/day) 30 days	714	2,499			
Fresh Milk (250ml/day) 30 days	511	7,665	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,957	11,871	Education		
Bread (5 bkfsts / wk) 20 days	1,300	26,000	Secondary (fees) per year		59,399
Sugar (2 Kgs /Week)	1,529	12,232	Primary (GPF) per year		3,584
Kitchen Salt	593	593	Uniform/shoes (Primary) per year		38,371
Tea leaves (Chisangalalo)	141	5,640	Uniform/shoes (Secondary) per year		41,937
Cassava /potatoes (2Kgx2Bkfst/)	384	6,144	Other (pens, books, etc.) per term		12,169
Sub-Total	224,663		Sub-Total	155,461	

Blantyre cost of living for a household of six people for January 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	27,571	55,142	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	821	6,568
Dry Usipa (250g/day) 4 days	15,857	15,857	Clere Body Lotion	1,129	2,258
Dry Utaka/Mcheni (200g/day) 4 days	14,429	11,543	Vaseline Blue Seal	1,707	3,414
Kapenta (200g/day) 4 days	19,286	15,429	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	477	10,733		Sub-Total	169,777
Tomato (0.5 Kg/day) 30 days	1,600	24,000		Blantyre Total Basic Needs	412,819
Onion (116g/day) 30 days	1,200	4,200			
Fresh Milk (250ml/day) 30 days	471	7,065	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,686	11,058	Education		
Bread (5 bkfst/ wk) 20 days	1,221	24,420	Secondary (fees) per year		36,192
Sugar (2 Kgs /Week)	1,493	11,944	Primary (GPF) per year		4,179
Kitchen Salt	526	526	Uniform/shoes (Primary) per year		59,851
Tea leaves (Chisangalalo)	73	2,920	Uniform/shoes (Secondary) per year		46,896
Cassava /potatoes (2Kgx2Bkfst/)	557	8,912	Other (pens, books, etc.) per term		23,778
	Sub-Total	243,042		Sub-Total	170,896

Mzuzu cost of living for a household of six people for January 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	18,750	37,500	Charcoal (50 kgs)	19,233	38,466
Milling (Including Grinding)	1,500	21,000	Protex	967	9,670
Beans (0.8kg/day) 8 Days	2,075	13,280	Boom	683	5,464
Dry Usipa (250g/day) 4 days	6,000	6,000	Clere Body Lotion	967	1,934
Dry Utaka/Mcheni (200g/day) 4 days	10,500	8,400	Vaseline Blue Seal	1,988	1,066
Kapenta (200g/day) 4 days	8,833	7,066	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	792	17,820		Sub-Total	102,517
Tomato (0.5 Kg/day) 30 days	1,553	23,295		Mzuzu Total Basic Needs	348,665
Onion (116g/day) 30 days	1,550	5,425			
Fresh Milk (250ml/day) 30 days	792	11,880	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,900	11,700	Education		
Bread (5 bkfst/ 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/)	472	7,552	Other (pens, books, etc.) per term		14,276
	Sub-Total	246,148		Sub-Total	187,996

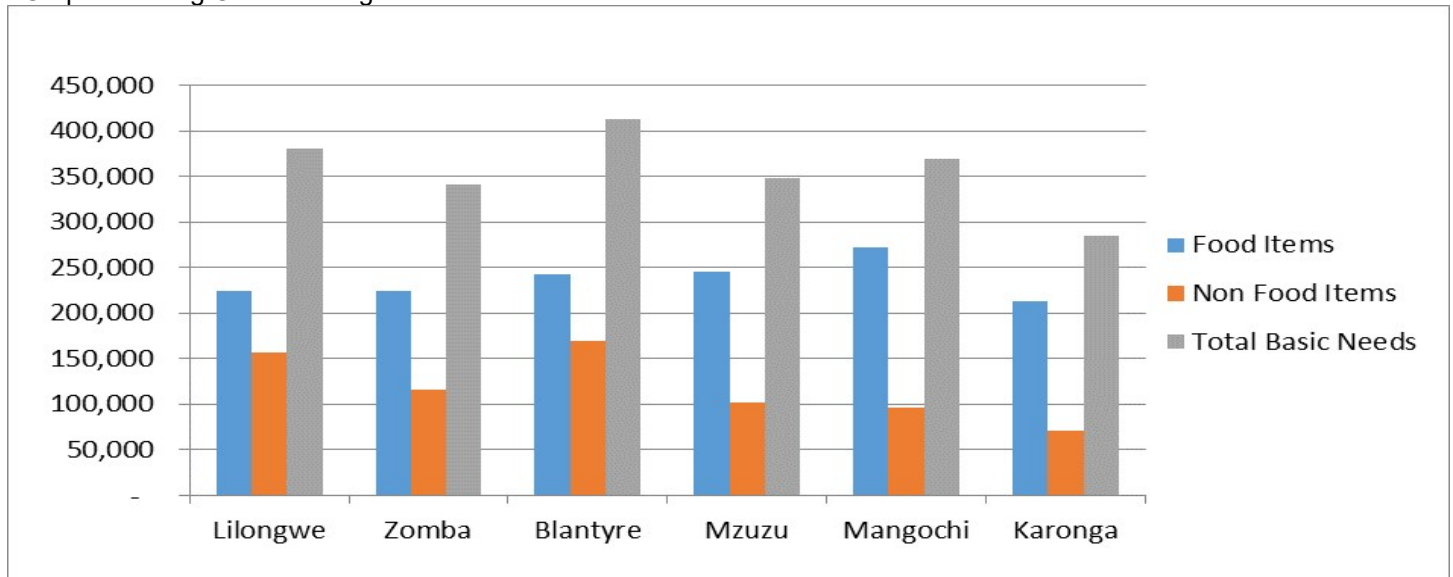
Mangochi cost of living for a household of six people for January 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	27,333	54,666	Charcoal (50 kgs)	10,667	21,334
Milling (Including Grinding)	700	9,800	Protex	1,183	11,830
Beans (0.8kg/day) 8 Days	1,600	10,240	Boom	850	6,800
Dry Usipa (250g/day) 4 days	10,333	10,333	Clere Body Lotion	1,300	2,600
Dry Utaka/Mcheni (200g/day) 4 days	11,333	9,066	Vaseline Blue Seal	2,133	1,600
Kapenta (200g/day) 4 days	11,667	9,334	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	800	18,000		Sub-Total	96,860
Tomato (0.5 Kg/day) 30 days	3,067	46,005	Mangochi Total Basic Needs		369,112
Onion (116g/day) 30 days	2,267	7,935	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	600	9,000	Education		
Kazinga Cooking oil (100mls/day)30 days	3,667	11,001	Secondary (fees) per year		67,287
Bread (5 bkfsts / wk) 20 days	1,233	24,660	Primary (GPF) per year		4,500
Sugar (2 Kgs /Week)	1,500	12,000	Uniform/shoes (Primary) per year		45,544
Kitchen Salt	700	700	Uniform/shoes (Secondary) per year		47,937
Tea leaves (Chisangalalo)	205	8,200	Other (pens, books, etc.) per term		28,918
Cassava /potatoes (2Kgx2Bkfst/)	507	8,112		Sub-Total	194,186
	Sub-Total	272,252		Sub-Total	194,186

Karonga cost of living for a household of six people for January 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	25,000	50,000	Charcoal (50 kgs)	7,526	15,052
Milling (Including Grinding)	700	9,800	Protex	750	7,500
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	1,600	3,200
Dry Utaka/Mcheni (200g/day) 4 days	6,250	5,000	Vaseline Blue Seal	1,650	3,300
Kapenta (200g/day) 4 days	5,000	4,000	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	200	9,600	Housing (3 bedroom)	23,981	23,981
Rape (750g/day) for 30 days	625	14,063		Sub-Total	71,292
Tomato (0.5 Kg/day) 30 days	1,575	23,625	Karonga Total Basic Needs		284,833
Onion (116g/day) 30 days	1,450	5,075	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	600	9,000	Education		
Kazinga Cooking oil (100mls/day)30 days	3,500	10,500	Secondary (fees) per year		49,465
Bread (5 bkfsts / wk) 20 days	1,200	24,000	Primary (GPF) per year		9,488
Sugar (2 Kgs /Week)	1,500	12,000	Uniform/shoes (Primary) per year		37,590
Kitchen Salt	390	390	Uniform/shoes (Secondary) per year		68,478
Tea leaves (Chisangalalo)	100	4,000	Other (pens, books, etc.) per term		31,971
Cassava /potatoes (2Kgx2Bkfst/)	563	9,008		Sub-Total	196,992
	Sub-Total	213,541		Sub-Total	196,992

Table Showing Cost of Living Per District

District	Food Items	Non Food Items	Total Basic Needs
Lilongwe	223,757	156,227	379,984
Zomba	224,663	116,572	341,235
Blantyre	243,042	169,777	412,819
Mzuzu	246,148	102,517	348,665
Mangochi	272,252	96,860	369,112
Karonga	213,541	71,292	284,833

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	2022	2023
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan
Amount (MK)	242,394	245,799	250,243	257,028	270,799	288,180	307,724	307,368	325,902	327,606	328,522	356,108

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, 032.65 Malawian Kwacha (MK). Source National Bank of Malawi: The Social Conditions Research Programme of the Centre for Social Concern
 Conducted these surveys from 25th to 26th January, 2023 in the cities of Blantyre, Zomba, Lilongwe, Mzuzu and peri-urban areas of Karonga and Mangochi

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