



CfSC

The Centre for Social Concern

Basic Needs Basket

Cost of Living for May 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 May 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	28,500	57,000	Charcoal (50 kgs)	18,912	37,824
Milling (Including Grinding)	425	5,950	Protex	925	9,250
Beans (0.8kg/day) 8 Days	1,713	10,963	Boom	913	7,304
Dry Usipa (250g/day) 4 days	10,050	10,050	Clere Body Lotion	1,338	2,676
Dry Utaka/Mcheni (200g/day) 4 days	10,934	8,747	Vaseline Blue Seal	2,075	4,150
Kapenta (200g/day) 4 days	0	0	Electricity	11,660	11,660
Beef(1 kg/day) 4 days	4,000	16,000	Running Water (meter)	6,944	6,944
Eggs (12/day) 4 days	166	7,968	Housing (3 bedroom)	71,212	71,212
Rape (750g/day) for 30 days	518	11,655	Sub-Total		151,020
Tomato (0.5 Kg/day) 30 days	2,088	31,320	Lilongwe Total Basic Needs		392,644
Onion (116g/day) 30 days	1,555	5,443			
Fresh Milk (250ml/day) 30 days	681	10,215	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,494	10,482	Education		
Bread (5 bkfsts / wk) 20 days	1,300	26,000	Secondary (fees) per year		44,280
Sugar (2 Kgs /Week)	1,488	11,904	Primary (GPF) per year		2,560
Kitchen Salt	663	663	Uniform/shoes (Primary) per year		22,647
Tea leaves (Chisangalalo)	250	10,000	Uniform/shoes (Secondary) per year		38,184
Cassava /potatoes (2Kgx2Bkfst/)	454	7,264	Other (pens, books, etc.) per term		20,086
Sub-Total		241,624	Sub-Total		127,757

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	26,400	52,800	Charcoal (50 kgs)	16,257	32,514
Milling (Including Grinding)	500	7,000	Protex	949	9,490
Beans (0.8kg/day) 8 Days	2,000	12,800	Boom	921	7,368
Dry Usipa (250g/day) 4 days	8,000	8,000	Clere Body Lotion	1,271	2,542
Dry Utaka/Mcheni (200g/day) 4 days	7,857	6,286	Vaseline Blue Seal	2,500	5,000
Kapenta (200g/day) 4 days	8,143	6,514	Electricity	13,712	13,712
Beef(1 kg/day) 4 days	3,929	15,716	Running Water (meter)	13,656	13,656
Eggs (12/day) 4 days	171	8,208	Housing (3 bedroom)	56,776	56,776
Rape (750g/day) for 30 days	771	17,348	Sub-Total		141,058
Tomato (0.5 Kg/day) 30 days	2,514	37,710	Zomba Total Basic Needs		390,112
Onion (116g/day) 30 days	2,143	7,501			
Fresh Milk (250ml/day) 30 days	600	9,000	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,714	11,142	Education		
Bread (5 bkfsts / wk) 20 days	1,286	25,720	Secondary (fees) per year		68,771
Sugar (2 Kgs /Week)	1,514	12,112	Primary (GPF) per year		9,000
Kitchen Salt	614	614	Uniform/shoes (Primary) per year		49,114
Tea leaves (Chisangalalo)	159	6,360	Uniform/shoes (Secondary) per year		52,912
Cassava /potatoes (2Kgx2Bkfst/)	264	4,224	Other (pens, books, etc.) per term		15,185
Sub-Total		249,054	Sub-Total		194,982

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	28,286	56,572	Charcoal (50 kgs)	27,857	55,714
Milling (Including Grinding)	400	5,600	Protex	850	8,500
Beans (0.8kg/day) 8 Days	1,786	11,430	Boom	836	6,688
Dry Usipa (250g/day) 4 days	19,000	19,000	Clere Body Lotion	1,186	2,372
Dry Utaka/Mcheni (200g/day) 4 days	14,714	11,771	Vaseline Blue Seal	1,779	3,558
Kapenta (200g/day) 4 days	21,429	17,143	Electricity	15,466	15,466
Beef(1 kg/day) 4 days	3,857	15,428	Running Water (meter)	15,922	15,922
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	64,249	64,249
Rape (750g/day) for 30 days	500	11,250	Sub-Total		172,469
Tomato (0.5 Kg/day) 30 days	3,121	46,815	Blantyre Total Basic Needs		446,610
Onion (116g/day) 30 days	1,700	5,950			
Fresh Milk (250ml/day) 30 days	493	7,395	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,629	10,887	Education		
Bread (5 bkfsts / wk) 20 days	1,236	24,720	Secondary (fees) per year		37,397
Sugar (2 Kgs /Week)	1,493	11,944	Primary (GPF) per year		5,624
Kitchen Salt	571	571	Uniform/shoes (Primary) per year		65,121
Tea leaves (Chisangalalo)	70	2,800	Uniform/shoes (Secondary) per year		47,138
Cassava /potatoes (2Kgx2Bkfst/)	479	7,664	Other (pens, books, etc.) per term		21,217
Sub-Total		274,141	Sub-Total		176,498

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	26,367	52,734	Charcoal (50 kgs)	20,667	41,334
Milling (Including Grinding)	1,500	21,000	Protex	1,042	10,420
Beans (0.8kg/day) 8 Days	2,117	13,549	Boom	658	5,264
Dry Usipa (250g/day) 4 days	4,500	4,500	Clere Body Lotion	1,183	2,366
Dry Utaka/Mcheni (200g/day) 4 days	12,417	9,934	Vaseline Blue Seal	2,100	1,066
Kapenta (200g/day) 4 days	8,000	6,400	Electricity	6,465	6,465
Beef(1 kg/day) 4 days	4,583	18,332	Running Water (meter)	6,102	6,102
Eggs (12/day) 4 days	160	7,680	Housing (3 bedroom)	34,631	34,631
Rape (750g/day) for 30 days	827	18,608	Sub-Total		107,648
Tomato (0.5 Kg/day) 30 days	1,542	23,130	Mzuzu Total Basic Needs		365,031
Onion (116g/day) 30 days	1,237	4,330			
Fresh Milk (250ml/day) 30 days	800	12,000	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,642	10,926	Education		
Bread (5 bkfsts / wk) 20 days	1,400	28,000	Secondary (fees) per year		60,000
Sugar (2 Kgs /Week)	1,558	12,464	Primary (GPF) per year		4,650
Kitchen Salt	1,270	1,270	Uniform/shoes (Primary) per year		51,520
Tea leaves (Chisangalalo)	200	8,000	Uniform/shoes (Secondary) per year		72,000
Cassava /potatoes (2Kgx2Bkfst/)	283	4,528	Other (pens, books, etc.) per term		13,924
Sub-Total		257,383	Sub-Total		202,093

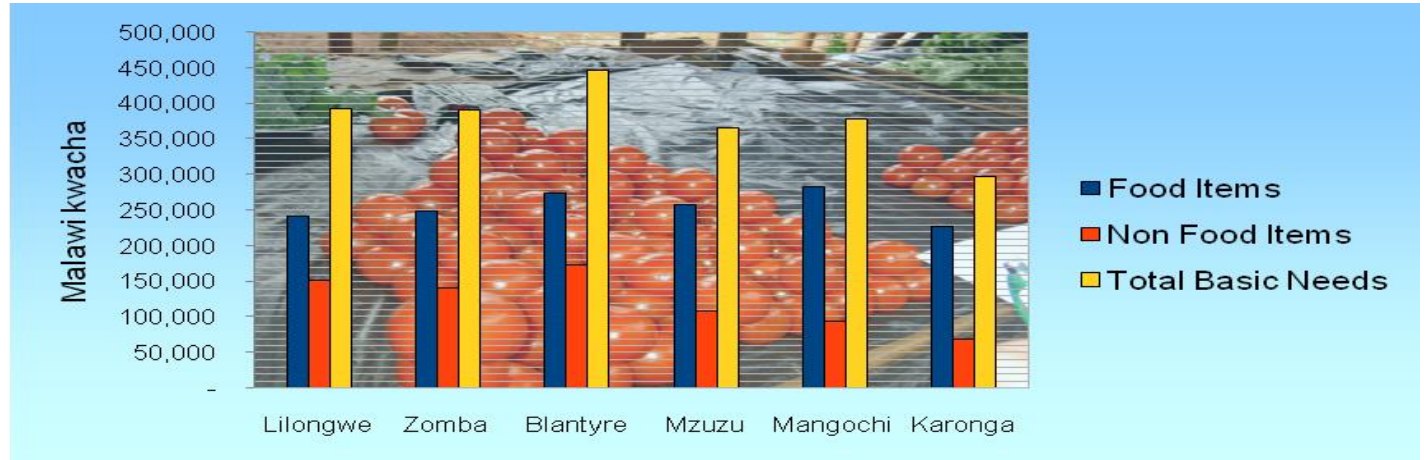
Mangochi cost of living for a household of six people for May 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	25,000	50,000	Charcoal (50 kgs)	7,333	14,666
Milling (Including Grinding)	700	9,800	Protex	1,300	13,000
Beans (0.8kg/day) 8 Days	1,600	10,240	Boom	800	6,400
Dry Usipa (250g/day) 4 days	12,667	12,667	Clere Body Lotion	1,200	2,400
Dry Utaka/Mcheni (200g/day) 4 days	16,333	13,066	Vaseline Blue Seal	2,000	1,600
Kapenta (200g/day) 4 days	20,667	16,534	Electricity	8,358	8,358
Beef(1 kg/day) 4 days	4,500	18,000	Running Water (meter)	8,858	8,858
Eggs (12/day) 4 days	130	6,240	Housing (3 bedroom)	38,525	38,525
Rape (750g/day) for 30 days	1,267	28,508	Sub-Total	93,807	
Tomato (0.5 Kg/day) 30 days	2,160	32,400	Mangochi Total Basic Needs	377,012	
Onion (116g/day) 30 days	2,700	9,450	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	600	9,000	Education		
Kazinga Cooking oil (100mls/day)30 days	4,000	12,000	Secondary (fees) per year		67,287
Bread (5 bkfsts / wk) 20 days	1,200	24,000	Primary (GPF) per year		4,500
Sugar (2 Kgs /Week)	1,500	12,000	Uniform/shoes (Primary) per year		50,136
Kitchen Salt	700	700	Uniform/shoes (Secondary) per year		48,891
Tea leaves (Chisangalalo)	225	9,000	Other (pens, books, etc.) per term		34,631
Cassava /potatoes (2Kgx2Bkfst/)	600	9,600	Sub-Total	205,445	
	Sub-Total	283,205	Sub-Total	205,445	

Karonga cost of living for a household of six people for May 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	25,000	50,000	Charcoal (50 kgs)	1,065	2,130
Milling (Including Grinding)	700	9,800	Protex	850	8,500
Beans (0.8kg/day) 8 Days	700	4,480	Boom	1,000	8,000
Dry Usipa (250g/day) 4 days	6,000	6,000	Clere Body Lotion	2,200	4,400
Dry Utaka/Mcheni (200g/day) 4 days	6,000	4,800	Vaseline Blue Seal	2,250	4,500
Kapenta (200g/day) 4 days	0	0	Electricity	5,653	5,653
Beef(1 kg/day) 4 days	3,500	14,000	Running Water (meter)	7,486	7,486
Eggs (12/day) 4 days	200	9,600	Housing (3 bedroom)	28,389	28,389
Rape (750g/day) for 30 days	725	16,313	Sub-Total	69,058	
Tomato (0.5 Kg/day) 30 days	1,575	23,625	Karonga Total Basic Needs	295,944	
Onion (116g/day) 30 days	1,670	5,845	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	800	12,000	Education		
Kazinga Cooking oil (100mls/day)30 days	3,750	11,250	Secondary (fees) per year		66,139
Bread (5 bkfsts / wk) 20 days	1,300	26,000	Primary (GPF) per year		5,578
Sugar (2 Kgs /Week)	1,600	12,800	Uniform/shoes (Primary) per year		44,269
Kitchen Salt	390	390	Uniform/shoes (Secondary) per year		62,394
Tea leaves (Chisangalalo)	150	6,000	Other (pens, books, etc.) per term		23,763
Cassava /potatoes (2Kgx2Bkfst/)	874	13,984	Sub-Total	202,143	
	Sub-Total	226,887	Sub-Total	202,143	

Table Showing Cost of Living Per District

District	Food Items	Non Food Items	Total Basic Needs
Lilongwe	241,624	151,020	392,644
Zomba	249,054	141,058	390,112
Blantyre	274,141	172,469	446,610
Mzuzu	257,383	107,648	365,031
Mangochi	283,205	93,807	377,012
Karonga	226,887	69,058	295,944

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	2023	2023	2023	2023	2023
	Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May
Amount (MK)	270,799	288,180	307,724	307,368	325,902	327,606	328,522	356,108	372,471	405,669	385,848	377,892

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 (\$) = K1,037.18 Malawian Kwacha (MK). Source: <https://www.oanda.com/currency-converter/> The Social Conditions Research Programme of the Centre for Social Concern
 Conducted these surveys from 23rd to 24th May, 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