



**CfSC**

# The Centre for Social Concern

## Basic Needs Basket

Cost of Living for June 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 June 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	26,500	53,000	Charcoal (50 kgs)	35,625	71,250
Milling (Including Grinding)	456	6,384	Protex	925	9,250
Beans (0.8kg/day) 8 Days	1,813	11,603	Boom	925	7,400
Dry Usipa (250g/day) 4 days	11,063	11,063	Clere Body Lotion	1,275	2,550
Dry Utaka/Mcheni (200g/day) 4 days	10,375	8,300	Vaseline Blue Seal	2,200	4,400
Kapenta (200g/day) 4 days	0	0	Electricity	11,606	11,606
Beef(1 kg/day) 4 days	4,588	18,352	Running Water (meter)	8,459	8,459
Eggs (12/day) 4 days	173	8,304	Housing (3 bedroom)	73,695	73,695
Rape (750g/day) for 30 days	495	11,138	<b>Sub-Total</b>		<b>188,610</b>
Tomato ( 0.5 Kg/day) 30 days	1,538	23,070	<b>Lilongwe Total Basic Needs</b>		<b>430,226</b>
Onion (116g/day) 30 days	2,158	7,553			
Fresh Milk (250ml/day) 30 days	794	11,910	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,613	10,839	Education		
Bread (5 bkfst/ wk) 20 days	1,313	26,260	Secondary (fees) per year		44,280
Sugar (2 Kgs /Week)	1,494	11,952	Primary (GPF) per year		2,560
Kitchen Salt	688	688	Uniform/shoes (Primary) per year		22,647
Tea leaves (Chisangalalo)	250	10,000	Uniform/shoes (Secondary) per year		38,184
Cassava /potatoes (2Kgx2Bkfst/)	700	11,200	Other (pens, books, etc.) per term		20,086
<b>Sub-Total</b>		<b>241,616</b>	<b>Sub-Total</b>		<b>127,757</b>

### Zomba cost of living for a household of six people for June 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	30,000	60,000	Charcoal (50 kgs)	15,071	30,142
Milling (Including Grinding)	500	7,000	Protex	949	9,490
Beans (0.8kg/day) 8 Days	2,500	16,000	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	9,000	7,200	Vaseline Blue Seal	2,500	5,000
Kapenta (200g/day) 4 days	0	0	Electricity	13,306	13,306
Beef(1 kg/day) 4 days	3,857	15,428	Running Water (meter)	12,227	12,227
Eggs (12/day) 4 days	180	8,640	Housing (3 bedroom)	59,827	59,827
Rape (750g/day) for 30 days	443	9,968	<b>Sub-Total</b>		<b>139,902</b>
Tomato ( 0.5 Kg/day) 30 days	1,393	20,895	<b>Zomba Total Basic Needs</b>		<b>369,976</b>
Onion (116g/day) 30 days	2,093	7,326			
Fresh Milk (250ml/day) 30 days	700	10,500	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,029	9,087	Education		
Bread (5 bkfst/ wk) 20 days	1,300	26,000	Secondary (fees) per year		68,771
Sugar (2 Kgs /Week)	1,514	12,112	Primary (GPF) per year		9,000
Kitchen Salt	871	871	Uniform/shoes (Primary) per year		49,114
Tea leaves (Chisangalalo)	159	6,360	Uniform/shoes (Secondary) per year		52,912
Cassava /potatoes (2Kgx2Bkfst/)	293	4,688	Other (pens, books, etc.) per term		15,185
<b>Sub-Total</b>		<b>230,074</b>	<b>Sub-Total</b>		<b>194,982</b>

### Blantyre cost of living for a household of six people for June 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	28,214	56,428	Charcoal (50 kgs)	25,000	50,000
Milling (Including Grinding)	400	5,600	Protex	864	8,640
Beans (0.8kg/day) 8 Days	1,786	11,430	Boom	836	6,688
Dry Usipa (250g/day) 4 days	20,000	20,000	Clere Body Lotion	1,186	2,372
Dry Utaka/Mcheni (200g/day) 4 days	13,857	11,086	Vaseline Blue Seal	1,779	3,558
Kapenta (200g/day) 4 days	20,857	16,686	Electricity	16,200	16,200
Beef(1 kg/day) 4 days	3,857	15,428	Running Water (meter)	16,436	16,436
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	60,110	60,110
Rape (750g/day) for 30 days	529	11,903	<b>Sub-Total</b>		<b>164,004</b>
Tomato ( 0.5 Kg/day) 30 days	1,779	26,685	<b>Blantyre Total Basic Needs</b>		<b>418,964</b>
Onion (116g/day) 30 days	1,529	5,352			
Fresh Milk (250ml/day) 30 days	500	7,500	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,600	10,800	Education		
Bread (5 bkfsts / wk) 20 days	1,243	24,860	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/)	543	8,688	Other (pens, books, etc.) per term		21,217
<b>Sub-Total</b>		<b>254,960</b>	<b>Sub-Total</b>		<b>176,498</b>

### Mzuzu cost of living for a household of six people for June 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	24,417	48,834	Charcoal (50 kgs)	19,647	39,294
Milling (Including Grinding)	1,500	21,000	Protex	1,183	11,830
Beans (0.8kg/day) 8 Days	2,117	13,549	Boom	692	5,536
Dry Usipa (250g/day) 4 days	4,500	4,500	Clere Body Lotion	1,183	2,366
Dry Utaka/Mcheni (200g/day) 4 days	11,767	9,414	Vaseline Blue Seal	2,100	1,066
Kapenta (200g/day) 4 days	4,000	3,200	Electricity	6,472	6,472
Beef(1 kg/day) 4 days	5,000	20,000	Running Water (meter)	5,694	5,694
Eggs (12/day) 4 days	180	8,640	Housing (3 bedroom)	35,154	35,154
Rape (750g/day) for 30 days	850	19,125	<b>Sub-Total</b>		<b>107,412</b>
Tomato ( 0.5 Kg/day) 30 days	1,483	22,245	<b>Mzuzu Total Basic Needs</b>		<b>360,187</b>
Onion (116g/day) 30 days	1,316	4,606			
Fresh Milk (250ml/day) 30 days	800	12,000	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,583	10,749	Education		
Bread (5 bkfsts / wk) 20 days	1,400	28,000	Secondary (fees) per year		60,000
Sugar (2 Kgs /Week)	1,583	12,664	Primary (GPF) per year		4,650
Kitchen Salt	1,290	1,290	Uniform/shoes (Primary) per year		51,520
Tea leaves (Chisangalalo)	200	8,000	Uniform/shoes (Secondary) per year		72,000
Cassava /potatoes (2Kgx2Bkfst/)	310	4,960	Other (pens, books, etc.) per term		13,924
<b>Sub-Total</b>		<b>252,775</b>	<b>Sub-Total</b>		<b>202,093</b>

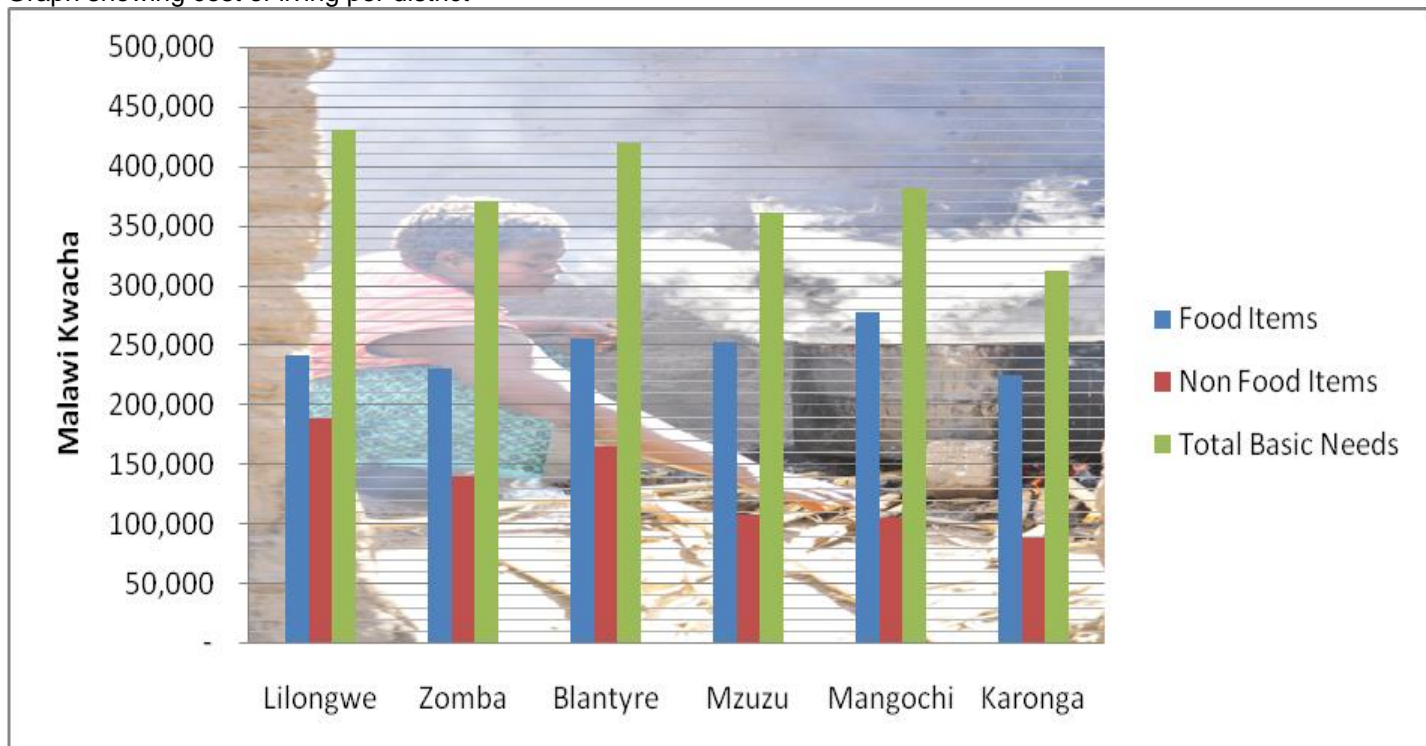
Mangochi cost of living for a household of six people for June 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	27,000	54,000	Charcoal (50 kgs)	12,833	25,666
Milling (Including Grinding)	733	10,262	Protex	1,300	13,000
Beans (0.8kg/day) 8 Days	1,600	10,240	Boom	800	6,400
Dry Usipa (250g/day) 4 days	12,667	12,667	Clere Body Lotion	1,267	2,534
Dry Utaka/Mcheni (200g/day) 4 days	16,333	13,066	Vaseline Blue Seal	2,000	1,600
Kapenta (200g/day) 4 days	21,333	17,066	Electricity	8,423	8,423
Beef(1 kg/day) 4 days	4,500	18,000	Running Water (meter)	8,156	8,156
Eggs (12/day) 4 days	150	7,200	Housing (3 bedroom)	38,591	38,591
Rape (750g/day) for 30 days	1,117	25,133	<b>Sub-Total</b>	<b>104,370</b>	
Tomato ( 0.5 Kg/day) 30 days	1,767	26,505	<b>Mangochi Total Basic Needs</b>	<b>381,822</b>	
Onion (116g/day) 30 days	2,167	7,585	<b>C. SOME OTHER ADDITIONAL COSTS</b>		
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		72,361
Bread (5 bkfsts / wk) 20 days	1,200	24,000	Primary (GPF) per year		3,936
Sugar (2 Kgs /Week)	1,500	12,000	Uniform/shoes (Primary) per year		55,840
Kitchen Salt	1,000	1,000	Uniform/shoes (Secondary) per year		51,948
Tea leaves (Chisangalalo)	250	10,000	Other (pens, books, etc.) per term		34,383
Cassava /potatoes (2Kgx2Bkfst/)	483	7,728	<b>Sub-Total</b>	<b>218,467</b>	
	<b>Sub-Total</b>	<b>277,452</b>			

Karonga cost of living for a household of six people for June 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	25,000	50,000	Charcoal (50 kgs)	9,950	19,900
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	3,000	2,400	Vaseline Blue Seal	2,250	4,500
Kapenta (200g/day) 4 days	0	0	Electricity	5,678	5,678
Beef(1 kg/day) 4 days	3,500	14,000	Running Water (meter)	7,348	7,348
Eggs (12/day) 4 days	200	9,600	Housing (3 bedroom)	29,593	29,593
Rape (750g/day) for 30 days	730	16,425	<b>Sub-Total</b>	<b>87,919</b>	
Tomato ( 0.5 Kg/day) 30 days	1,625	24,375	<b>Karonga Total Basic Needs</b>	<b>311,699</b>	
Onion (116g/day) 30 days	1,560	5,460	<b>C. SOME OTHER ADDITIONAL COSTS</b>		
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/)	800	12,800	<b>Sub-Total</b>	<b>202,143</b>	
	<b>Sub-Total</b>	<b>223,780</b>			

Table showing cost of living per district

District	Food Items	Non Food Items	Total Basic Needs
Lilongwe	241,616	188,610	430,226
Zomba	230,074	139,902	369,976
Blantyre	254,960	164,004	418,964
Mzuzu	252,775	107,412	360,187
Mangochi	277,452	104,370	381,822
Karonga	223,780	87,919	311,699

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	2023	2023	2023	2023	2023	2023
	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Amount (MK)	288,180	307,724	307,368	325,902	327,606	328,522	356,108	372,471	405,669	385,848	377,892	378,812

## 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	K1000
Blantyre	K700
Mzuzu	K550 – K 600

NB: 1 USA dollar (\$) = K1, 059.56 Malawian Kwacha (MK). Source: <https://www.oanda.com/currency-converter/en/>; The Social Conditions Research Programme of the Centre for Social Concern  
 Conducted these surveys from 20<sup>th</sup> to 22<sup>nd</sup> June , 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**