



CfSC

The Centre for Social Concern

Basic Needs Basket

Cost of Living for August 2023



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

For More Information Contact Us On:

Centre for Social Concern

P.O. Box 40049

Kanengo, Lilongwe 4

Malawi

Tel: +265 991 843 249

E-mail: admin@cfscmafr.org

Website: www.cfscmafr.org

Lilongwe cost of living for a household of six people for August 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	33,750	67,500	Charcoal (50 kgs)	27,500	55,000
Milling (Including Grinding)	488	6,832	Protex	938	9,380
Beans (0.8kg/day) 8 Days	1,988	12,723	Boom	938	7,504
Dry Usipa (250g/day) 4 days	9,750	9,750	Clere Body Lotion	1,319	2,638
Dry Utaka/Mcheni (200g/day) 4 days	9,666	7,733	Vaseline Blue Seal	2,088	4,176
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	195	9,360	Housing (3 bedroom)	73,695	73,695
Rape (750g/day) for 30 days	434	9,765	Sub-Total	172,458	
Tomato (0.5 Kg/day) 30 days	905	13,575	Lilongwe Total Basic Needs		413,486
Onion (116g/day) 30 days	1,588	5,558	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	775	11,625	Education		
Kazinga Cooking oil (100mls/day)30 days	3,638	10,914	Secondary (fees) per year		44,280
Bread (5 bkfsts / wk) 20 days	1,319	26,380	Primary (GPF) per year		2,560
Sugar (2 Kgs /Week)	1,531	12,248	Uniform/shoes (Primary) per year		22,647
Kitchen Salt	713	713	Uniform/shoes (Secondary) per year		38,184
Tea leaves (Chisangalalo)	250	10,000	Other (pens, books, etc.) per term		20,086
Cassava /potatoes (2Kgx2Bkfst/)	500	8,000	Sub-Total	127,757	
Sub-Total			241,028		

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	41,314	82,628	Charcoal (50 kgs)	18,357	36,714
Milling (Including Grinding)	500	7,000	Protex	942	9,420
Beans (0.8kg/day) 8 Days	2,500	16,000	Boom	921	7,368
Dry Usipa (250g/day) 4 days	6,143	6,143	Clere Body Lotion	1,271	2,542
Dry Utaka/Mcheni (200g/day) 4 days	5,714	4,571	Vaseline Blue Seal	2,571	5,142
Kapenta (200g/day) 4 days	0	0	Electricity	13,306	13,306
Beef(1 kg/day) 4 days	4,429	17,716	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	671	15,098	Sub-Total	146,546	
Tomato (0.5 Kg/day) 30 days	543	8,145	Zomba Total Basic Needs		387,015
Onion (116g/day) 30 days	714	2,499	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	700	10,500	Education		
Kazinga Cooking oil (100mls/day)30 days	3,000	9,000	Secondary (fees) per year		68,771
Bread (5 bkfsts / wk) 20 days	1,300	26,000	Primary (GPF) per year		9,000
Sugar (2 Kgs /Week)	1,500	12,000	Uniform/shoes (Primary) per year		49,114
Kitchen Salt	857	857	Uniform/shoes (Secondary) per year		52,912
Tea leaves (Chisangalalo)	159	6,360	Other (pens, books, etc.) per term		15,185
Cassava /potatoes (2Kgx2Bkfst/)	457	7,312	Sub-Total	194,982	
Sub-Total			240,469		

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	39,286	78,572	Charcoal (50 kgs)	31,429	62,858
Milling (Including Grinding)	400	5,600	Protex	929	9,290
Beans (0.8kg/day) 8 Days	2,000	12,800	Boom	857	6,856
Dry Usipa (250g/day) 4 days	21,143	21,143	Clere Body Lotion	1,200	2,400
Dry Utaka/Mcheni (200g/day) 4 days	14,571	11,657	Vaseline Blue Seal	1,800	3,600
Kapenta (200g/day) 4 days	20,571	16,457	Electricity	16,200	16,200
Beef(1 kg/day) 4 days	4,000	16,000	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	514	11,565	Sub-Total		177,750
Tomato (0.5 Kg/day) 30 days	900	13,500	Blantyre Total Basic Needs	446,102	
Onion (116g/day) 30 days	1,443	5,051			
Fresh Milk (250ml/day) 30 days	557	8,355	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,586	10,758	Education		
Bread (5 bkfsts / wk) 20 days	1,279	25,580	Secondary (fees) per year		37,397
Sugar (2 Kgs /Week)	1,507	12,056	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
Sub-Total		268,352	Sub-Total		176,498

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	26,500	53,000	Charcoal (50 kgs)	18,867	37,734
Milling (Including Grinding)	1,500	21,000	Protex	1,217	12,170
Beans (0.8kg/day) 8 Days	2,450	15,680	Boom	692	5,536
Dry Usipa (250g/day) 4 days	4,500	4,500	Clere Body Lotion	1,483	2,966
Dry Utaka/Mcheni (200g/day) 4 days	15,467	12,374	Vaseline Blue Seal	2,150	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	200	9,600	Housing (3 bedroom)	35,154	35,154
Rape (750g/day) for 30 days	867	19,508	Sub-Total		106,792
Tomato (0.5 Kg/day) 30 days	1,575	23,625	Mzuzu Total Basic Needs	373,152	
Onion (116g/day) 30 days	1,437	5,030			
Fresh Milk (250ml/day) 30 days	800	12,000	C. SOME OTHER ADDITIONAL COSTS		
Kazinga Cooking oil (100mls/day)30 days	3,600	10,800	Education		
Bread (5 bkfsts / wk) 20 days	1,400	28,000	Secondary (fees) per year		60,000
Sugar (2 Kgs /Week)	1,683	13,464	Primary (GPF) per year		4,650
Kitchen Salt	1,460	1,460	Uniform/shoes (Primary) per year		51,520
Tea leaves (Chisangalalo)	200	8,000	Uniform/shoes (Secondary) per year		72,000
Cassava /potatoes (2Kgx2Bkfst/)	320	5,120	Other (pens, books, etc.) per term		13,924
Sub-Total		266,360	Sub-Total		202,093

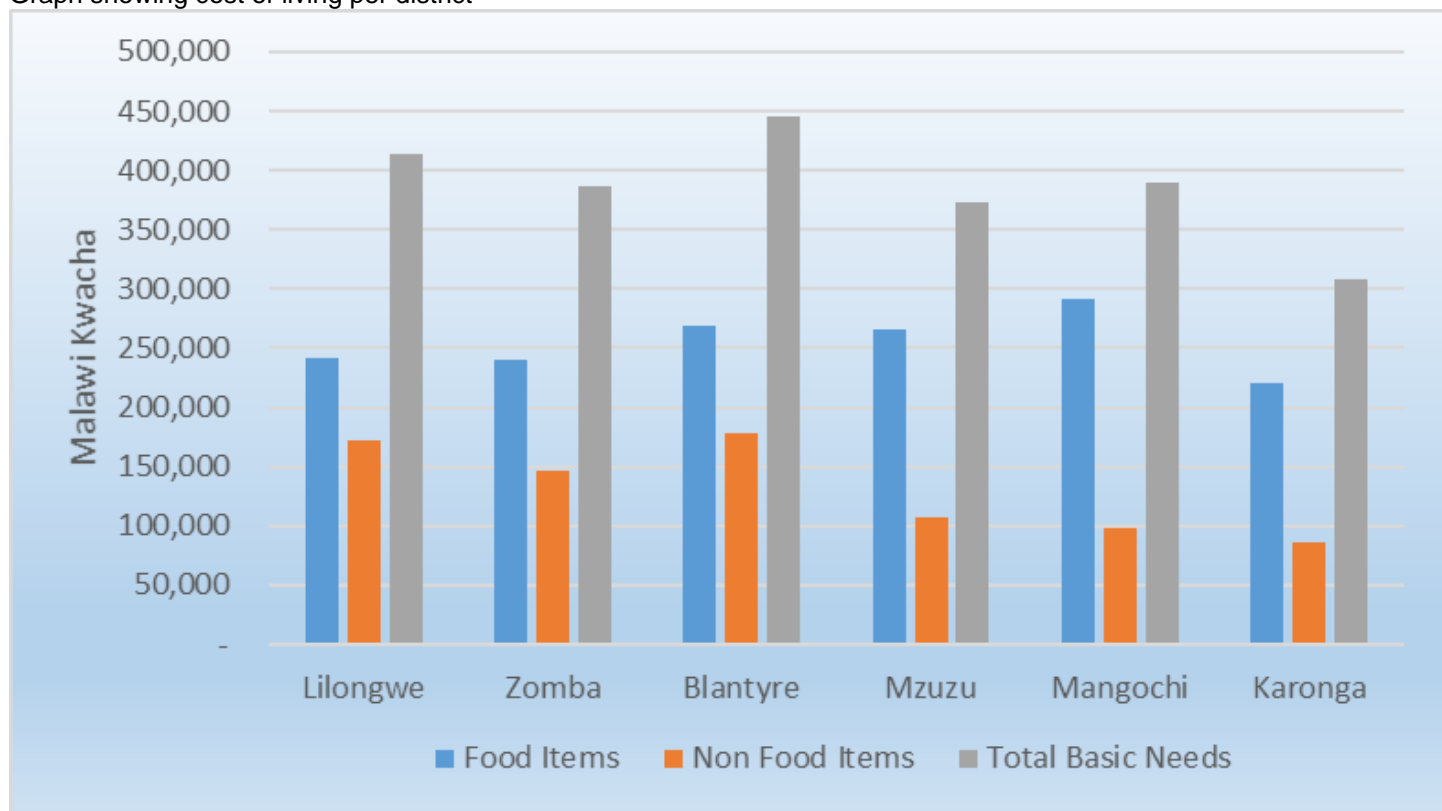
Mangochi cost of living for a household of six people for August 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	37,333	74,666	Charcoal (50 kgs)	8,000	16,000
Milling (Including Grinding)	800	11,200	Protex	1,467	14,670
Beans (0.8kg/day) 8 Days	1,700	10,880	Boom	1,000	8,000
Dry Usipa (250g/day) 4 days	14,000	14,000	Clere Body Lotion	1,500	3,000
Dry Utaka/Mcheni (200g/day) 4 days	19,667	15,734	Vaseline Blue Seal	2,500	1,600
Kapenta (200g/day) 4 days	14,667	11,734	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	200	9,600	Housing (3 bedroom)	38,591	38,591
Rape (750g/day) for 30 days	900	20,250	Sub-Total	98,440	
Tomato (0.5 Kg/day) 30 days	1,090	16,350	Mangochi Total Basic Needs 389,616		
Onion (116g/day) 30 days	1,667	5,835	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	700	10,500	Education		
Kazinga Cooking oil (100mls/day)30 days	4,500	13,500	Secondary (fees) per year		72,361
Bread (5 bkfsts / wk) 20 days	1,300	26,000	Primary (GPF) per year		3,936
Sugar (2 Kgs /Week)	1,500	12,000	Uniform/shoes (Primary) per year		55,840
Kitchen Salt	800	800	Uniform/shoes (Secondary) per year		51,948
Tea leaves (Chisangalalo)	250	10,000	Other (pens, books, etc.) per term		34,383
Cassava /potatoes (2Kgx2Bkfst/)	633	10,128	Sub-Total	218,467	
Sub-Total	291,176		Sub-Total	218,467	

Karonga cost of living for a household of six people for August 2023					
A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	30,000	60,000	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	800	6,400
Dry Usipa (250g/day) 4 days	5,000	5,000	Clere Body Lotion	2,300	4,600
Dry Utaka/Mcheni (200g/day) 4 days	3,000	2,400	Vaseline Blue Seal	2,300	4,600
Kapenta (200g/day) 4 days	5,000	4,000	Electricity	5,678	5,678
Beef(1 kg/day) 4 days	4,000	16,000	Running Water (meter)	7,348	7,348
Eggs (12/day) 4 days	250	12,000	Housing (3 bedroom)	29,593	29,593
Rape (750g/day) for 30 days	720	16,200	Sub-Total	86,619	
Tomato (0.5 Kg/day) 30 days	660	9,900	Karonga Total Basic Needs 307,785		
Onion (116g/day) 30 days	763	2,671	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	895	13,425	Education		
Kazinga Cooking oil (100mls/day)30 days	3,500	10,500	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/)	600	9,600	Sub-Total	202,143	
Sub-Total	221,166		Sub-Total	202,143	

Table showing cost of living per district

District	Food Items	Non Food Items	Total Basic Needs
Lilongwe	241,028	172,458	413,486
Zomba	240,469	146,546	387,015
Blantyre	268,352	177,750	446,102
Mzuzu	266,360	106,792	373,152
Mangochi	291,176	98,440	389,616
Karonga	221,166	86,619	307,785

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	2023	2023	2023	2023	2023	2023	2023	2023
	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Amount (MK)	307,368	325,902	327,606	328,522	356,108	372,471	405,669	385,848	377,892	378,812	395,993	386,192

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	K700
Mzuzu	K550 – K 600

NB: 1 USA dollar (\$) = K1,094.18 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 23rd to 24th August, 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