



CfSC

The Centre for Social Concern

Basic Needs Basket

Cost of Living for October 2023



CITIZENS BEAR THE BRUNT OF INCREASING LIVING COSTS: A CALL FOR ECONOMIC RESILIENCE

The rising cost of living in Malawi has become a growing concern, impacting citizens across the nation. The Centre for Social Concern, through its Basic Needs Basket Project, has been diligently tracking these economic challenges and raising awareness about the pressing issue of increased living cost, with a particular focus on the skyrocketing price of maize, the grain that provides staple food in Malawi.

The Urban Basic Needs Basket Project, a monthly research initiative undertaken by the Centre for Social Concern, has been meticulously examining the elements that constitute a dignified standard of living for Malawians.

*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 October 2023

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 36,375 | 72,750 | Charcoal (50 kgs) | 25,000 | 50,000 |
| Milling (Including Grinding) | 463 | 6,482 | Protex | 956 | 9,560 |
| Beans (0.8kg/day) 8 Days | 2,038 | 13,043 | Boom | 1,019 | 8,152 |
| Dry Usipa (250g/day) 4 days | 11,563 | 11,563 | Clere Body Lotion | 1,306 | 2,612 |
| Dry Utaka/Mcheni (200g/day) 4 days | 11,375 | 9,100 | Vaseline Blue Seal | 2,275 | 4,550 |
| Kapenta (200g/day) 4 days | 0 | 0 | Electricity | 11,669 | 11,669 |
| Beef(1 kg/day) 4 days | 4,713 | 18,852 | Running Water (meter) | 12,205 | 12,205 |
| Eggs (12/day) 4 days | 149 | 7,152 | Housing (3 bedroom) | 62,455 | 62,455 |
| Rape (750g/day) for 30 days | 513 | 11,543 | Sub-Total | | 161,203 |
| Tomato (0.5 Kg/day) 30 days | 619 | 9,285 | Lilongwe Total Basic Needs | | 405,494 |
| Onion (116g/day) 30 days | 1,338 | 4,683 | | | |
| Fresh Milk (250ml/day) 30 days | 813 | 12,195 | C. SOME OTHER ADDITIONAL COSTS | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,638 | 10,914 | Education | | |
| Bread (5 bkfsts / wk) 20 days | 1,300 | 26,000 | Secondary (fees) per year | | 58,500 |
| Sugar (2 Kgs /Week) | 1,525 | 12,200 | Primary (GPF) per year | | 3,000 |
| Kitchen Salt | 625 | 625 | Uniform/shoes (Primary) per year | | 24,465 |
| Tea leaves (Chisangalalo) | 250 | 10,000 | Uniform/shoes (Secondary) per year | | 40,685 |
| Cassava /potatoes (2Kgx2Bkfst/) | 494 | 7,904 | Other (pens, books, etc.) per term | | 21,958 |
| Sub-Total | | 244,291 | Sub-Total | | 148,608 |

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

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 42,000 | 84,000 | Charcoal (50 kgs) | 15,429 | 30,858 |
| Milling (Including Grinding) | 700 | 9,800 | Protex | 1,107 | 11,070 |
| Beans (0.8kg/day) 8 Days | 2,500 | 16,000 | Boom | 978 | 7,824 |
| Dry Usipa (250g/day) 4 days | 6,000 | 6,000 | Clere Body Lotion | 1,361 | 2,722 |
| Dry Utaka/Mcheni (200g/day) 4 days | 8,143 | 6,514 | Vaseline Blue Seal | 2,500 | 5,000 |
| Kapenta (200g/day) 4 days | 0 | 0 | Electricity | 14,971 | 14,971 |
| Beef(1 kg/day) 4 days | 4,500 | 18,000 | Running Water (meter) | 14,209 | 14,209 |
| Eggs (12/day) 4 days | 180 | 8,640 | Housing (3 bedroom) | 60,292 | 60,292 |
| Rape (750g/day) for 30 days | 700 | 15,750 | Sub-Total | | 146,946 |
| Tomato (0.5 Kg/day) 30 days | 671 | 10,065 | Zomba Total Basic Needs | | 401,274 |
| Onion (116g/day) 30 days | 843 | 2,951 | | | |
| Fresh Milk (250ml/day) 30 days | 714 | 10,710 | C. SOME OTHER ADDITIONAL COSTS | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,571 | 10,713 | Education | | |
| Bread (5 bkfsts / wk) 20 days | 1,300 | 26,000 | Secondary (fees) per year | | 81,827 |
| Sugar (2 Kgs /Week) | 1,493 | 11,944 | Primary (GPF) per year | | 9,000 |
| Kitchen Salt | 817 | 817 | Uniform/shoes (Primary) per year | | 53,209 |
| Tea leaves (Chisangalalo) | 159 | 6,360 | Uniform/shoes (Secondary) per year | | 57,069 |
| Cassava /potatoes (2Kgx2Bkfst/) | 629 | 10,064 | Other (pens, books, etc.) per term | | 18,714 |
| Sub-Total | | 254,328 | Sub-Total | | 219,818 |

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

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 40,000 | 80,000 | Charcoal (50 kgs) | 34,286 | 68,572 |
| Milling (Including Grinding) | 400 | 5,600 | Protex | 914 | 9,140 |
| Beans (0.8kg/day) 8 Days | 2,000 | 12,800 | Boom | 900 | 7,200 |
| Dry Usipa (250g/day) 4 days | 15,143 | 15,143 | Clere Body Lotion | 1,229 | 2,458 |
| Dry Utaka/Mcheni (200g/day) 4 days | 11,857 | 9,486 | Vaseline Blue Seal | 1,871 | 3,742 |
| Kapenta (200g/day) 4 days | 21,857 | 17,486 | Electricity | 17,393 | 17,393 |
| Beef(1 kg/day) 4 days | 4,000 | 16,000 | Running Water (meter) | 15,613 | 15,613 |
| Eggs (12/day) 4 days | 200 | 9,600 | Housing (3 bedroom) | 65,478 | 65,478 |
| Rape (750g/day) for 30 days | 486 | 10,935 | Sub-Total | | 189,596 |
| Tomato (0.5 Kg/day) 30 days | 1,186 | 17,790 | Blantyre Total Basic Needs | | 461,521 |
| Onion (116g/day) 30 days | 1,000 | 3,500 | | | |
| Fresh Milk (250ml/day) 30 days | 536 | 8,040 | C. SOME OTHER ADDITIONAL COSTS | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,657 | 10,971 | Education | | |
| Bread (5 bkfsts / wk) 20 days | 1,279 | 25,580 | Secondary (fees) per year | | 37,732 |
| Sugar (2 Kgs /Week) | 1,500 | 12,000 | Primary (GPF) per year | | 5,451 |
| Kitchen Salt | 571 | 571 | Uniform/shoes (Primary) per year | | 59,375 |
| Tea leaves (Chisangalalo) | 79 | 3,160 | Uniform/shoes (Secondary) per year | | 49,011 |
| Cassava /potatoes (2Kgx2Bkfst/) | 829 | 13,264 | Other (pens, books, etc.) per term | | 21,904 |
| Sub-Total | | 271,925 | Sub-Total | | 173,472 |

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

| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
|---|--------|----------------|------------------------------------|--------|----------------|
| Maize | 30,958 | 61,916 | Charcoal (50 kgs) | 18,283 | 36,566 |
| Milling (Including Grinding) | 1,500 | 21,000 | Protex | 1,325 | 13,250 |
| Beans (0.8kg/day) 8 Days | 2,508 | 16,051 | Boom | 700 | 5,600 |
| Dry Usipa (250g/day) 4 days | 6,000 | 6,000 | Clere Body Lotion | 1,558 | 3,116 |
| Dry Utaka/Mcheni (200g/day) 4 days | 20,383 | 16,306 | Vaseline Blue Seal | 2,150 | 1,066 |
| Kapenta (200g/day) 4 days | 4,333 | 3,466 | Electricity | 7,176 | 7,176 |
| Beef(1 kg/day) 4 days | 5,000 | 20,000 | Running Water (meter) | 6,126 | 6,126 |
| Eggs (12/day) 4 days | 200 | 9,600 | Housing (3 bedroom) | 37,143 | 37,143 |
| Rape (750g/day) for 30 days | 888 | 19,980 | Sub-Total | | 110,043 |
| Tomato (0.5 Kg/day) 30 days | 1,563 | 23,445 | Mzuzu Total Basic Needs | | 394,087 |
| Onion (116g/day) 30 days | 1,477 | 5,170 | | | |
| Fresh Milk (250ml/day) 30 days | 817 | 12,255 | 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) | 1,583 | 12,664 | Primary (GPF) per year | | 4,580 |
| Kitchen Salt | 1,470 | 1,470 | Uniform/shoes (Primary) per year | | 57,000 |
| Tea leaves (Chisangalalo) | 200 | 8,000 | Uniform/shoes (Secondary) per year | | 140,700 |
| Cassava /potatoes (2Kgx2Bkfst/) | 495 | 7,920 | Other (pens, books, etc.) per term | | 18,770 |
| Sub-Total | | 284,044 | Sub-Total | | 281,049 |

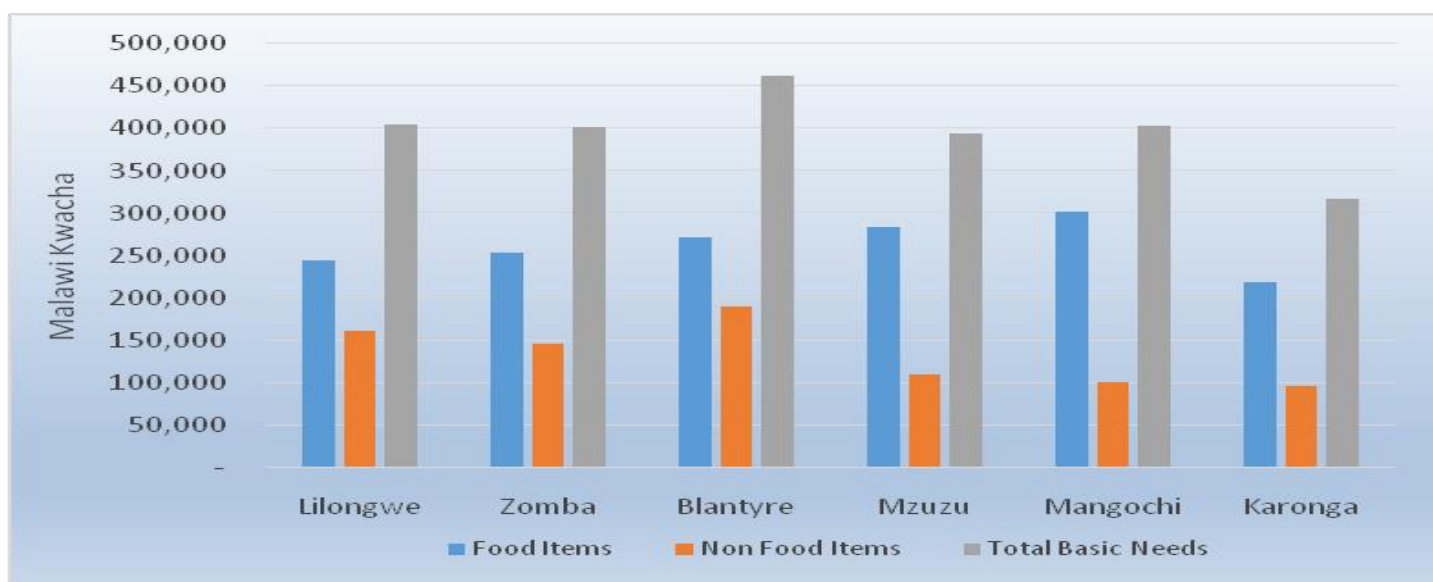
| Mangochi cost of living for a household of six people for October 2023 | | | | | |
|--|--------|----------------|---------------------------------------|----------------|----------------|
| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
| Maize | 38,000 | 76,000 | Charcoal (50 kgs) | 8,000 | 16,000 |
| Milling (Including Grinding) | 800 | 11,200 | Protex | 1,567 | 15,670 |
| Beans (0.8kg/day) 8 Days | 1,700 | 10,880 | Boom | 1,000 | 8,000 |
| Dry Usipa (250g/day) 4 days | 16,333 | 16,333 | Clere Body Lotion | 1,500 | 3,000 |
| Dry Utaka/Mcheni (200g/day) 4 days | 18,000 | 14,400 | Vaseline Blue Seal | 2,500 | 1,600 |
| Kapenta (200g/day) 4 days | 18,000 | 14,400 | Electricity | 9,412 | 9,412 |
| Beef(1 kg/day) 4 days | 5,000 | 20,000 | Running Water (meter) | 9,103 | 9,103 |
| Eggs (12/day) 4 days | 150 | 7,200 | Housing (3 bedroom) | 38,591 | 38,591 |
| Rape (750g/day) for 30 days | 833 | 18,743 | Sub-Total | 101,376 | |
| Tomato (0.5 Kg/day) 30 days | 1,433 | 21,495 | Mangochi Total Basic Needs | 403,570 | |
| Onion (116g/day) 30 days | 1,967 | 6,885 | C. SOME OTHER ADDITIONAL COSTS | | |
| Fresh Milk (250ml/day) 30 days | 700 | 10,500 | Education | | |
| Kazinga Cooking oil (100mls/day)30 days | 4,633 | 13,899 | Secondary (fees) per year | | 69,363 |
| Bread (5 bkfsts / wk) 20 days | 1,233 | 24,660 | Primary (GPF) per year | | 4,627 |
| Sugar (2 Kgs /Week) | 1,500 | 12,000 | Uniform/shoes (Primary) per year | | 57,713 |
| Kitchen Salt | 800 | 800 | Uniform/shoes (Secondary) per year | | 53,708 |
| Tea leaves (Chisangalalo) | 250 | 10,000 | Other (pens, books, etc.) per term | | 36,047 |
| Cassava /potatoes (2Kgx2Bkfst/) | 800 | 12,800 | Sub-Total | 221,458 | |
| Sub-Total | | 302,194 | Sub-Total | | 221,458 |

| Karonga cost of living for a household of six people for October 2023 | | | | | |
|---|--------|----------------|---------------------------------------|----------------|----------------|
| A. FOOD ITEMS | | | B. NON FOOD ITEMS | | |
| Maize | 30,000 | 60,000 | Charcoal (50 kgs) | 12,500 | 25,000 |
| Milling (Including Grinding) | 1,000 | 14,000 | Protex | 850 | 8,500 |
| Beans (0.8kg/day) 8 Days | 700 | 4,480 | Boom | 998 | 7,984 |
| Dry Usipa (250g/day) 4 days | 6,000 | 6,000 | Clere Body Lotion | 2,850 | 5,700 |
| Dry Utaka/Mcheni (200g/day) 4 days | 0 | 0 | Vaseline Blue Seal | 2,250 | 4,500 |
| Kapenta (200g/day) 4 days | 6,000 | 4,800 | Electricity | 5,476 | 5,476 |
| Beef(1 kg/day) 4 days | 4,000 | 16,000 | Running Water (meter) | 8,433 | 8,433 |
| Eggs (12/day) 4 days | 250 | 12,000 | Housing (3 bedroom) | 31,520 | 31,520 |
| Rape (750g/day) for 30 days | 600 | 13,500 | Sub-Total | 97,113 | |
| Tomato (0.5 Kg/day) 30 days | 650 | 9,750 | Karonga Total Basic Needs | 316,858 | |
| Onion (116g/day) 30 days | 750 | 2,625 | C. SOME OTHER ADDITIONAL COSTS | | |
| Fresh Milk (250ml/day) 30 days | 600 | 9,000 | Education | | |
| Kazinga Cooking oil (100mls/day)30 days | 3,600 | 10,800 | Secondary (fees) per year | | 91,998 |
| Bread (5 bkfsts / wk) 20 days | 1,500 | 30,000 | Primary (GPF) per year | | 7,488 |
| Sugar (2 Kgs /Week) | 1,550 | 12,400 | Uniform/shoes (Primary) per year | | 56,277 |
| Kitchen Salt | 390 | 390 | Uniform/shoes (Secondary) per year | | 75,278 |
| Tea leaves (Chisangalalo) | 150 | 6,000 | Other (pens, books, etc.) per term | | 22,153 |
| Cassava /potatoes (2Kgx2Bkfst/) | 500 | 8,000 | Sub-Total | 253,194 | |
| Sub-Total | | 219,745 | Sub-Total | | 253,194 |

Table showing cost of living per district

| District | Food Items | Non Food Items | Total Basic Needs |
|----------|------------|----------------|-------------------|
| Lilongwe | 244,291 | 161,203 | 405,494 |
| Zomba | 254,328 | 146,946 | 401,274 |
| Blantyre | 271,925 | 189,596 | 461,521 |
| Mzuzu | 284,044 | 110,043 | 394,087 |
| Mangochi | 302,194 | 101,376 | 403,570 |
| Karonga | 219,745 | 97,113 | 316,858 |

Graph showing cost of living per district



Note: Total Basic Needs is calculated from Total Food Items + Total Non-Food Items

" ESCALATING LIVING EXPENSES CHALLENGE ECONOMIC STABILITY": CfSC CALLS FOR URGENT ACTION

The essential research by CfSC has uncovered a glaring truth: the rising cost of maize is a primary factor exacerbating the cost of living in our country.

Maize is not just a staple food; it is the foundation of the Malawian diet, forming a significant part of our daily sustenance. With the increasing cost of maize, households are grappling with higher expenses that impact their ability to meet their basic needs. The burden this places on our citizens is substantial and is a call to action for all stakeholders.

The Centre for Social Concern stands as an advocate for the people of Malawi, and we echo the call for economic resilience. We urge our fellow citizens, the government, businesses, and civil society to come together to address this pressing issue. We must work collaboratively to stabilize maize prices and implement long-term solutions that will alleviate the financial stress on our communities.

The Centre for Social Concern reiterates its commitment to providing accurate and timely data through the Basic Needs Basket Project. Our goal is to empower our nation with the knowledge necessary to make informed decisions and take meaningful action in the face of these economic challenges.

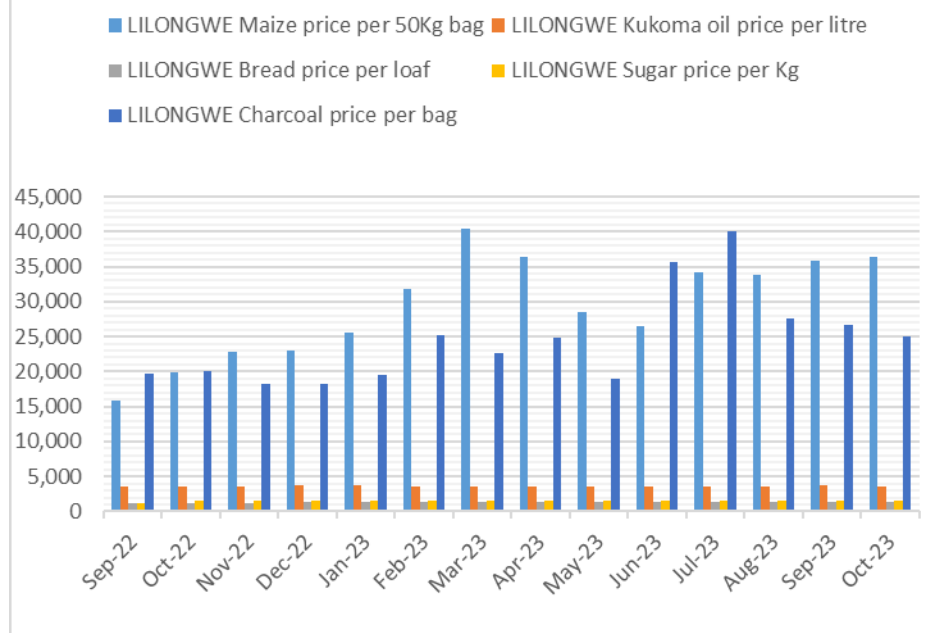
As we navigate these turbulent economic times, let us join hands to build economic resilience, ensuring that every Malawian has access to affordable and nutritious food. Together, we can overcome the rising cost of living and create a brighter future for our beloved nation.

This report has presented a trend analysis about the changes in prices of the selected commodities in each city and peri-urban areas from September 2022 to October 2023 as shown in the following graphs:

COMMODITIES IN LILONGWE

| | Maize price per 50Kg bag | Kukoma oil price per litre | Bread price per loaf | Sugar price per Kg | Charcoal price per bag |
|---------------|---------------------------------|-----------------------------------|-----------------------------|---------------------------|-------------------------------|
| Sep-22 | 15,857 | 3,600 | 1,138 | 1,244 | 19,638 |
| Oct-22 | 19,857 | 3,525 | 1,200 | 1,463 | 20,000 |
| Nov-22 | 22,875 | 3,588 | 1,225 | 1,519 | 18,250 |
| Dec-22 | 22,938 | 3,763 | 1,281 | 1,506 | 18,188 |
| Jan-23 | 25,500 | 3,738 | 1,281 | 1,500 | 19,538 |
| Feb-23 | 31,875 | 3,550 | 1,294 | 1,494 | 25,188 |
| Mar-23 | 40,500 | 3,575 | 1,294 | 1,481 | 22,675 |
| Apr-23 | 36,375 | 3,575 | 1,300 | 1,481 | 24,750 |
| May-23 | 28,500 | 3,494 | 1,300 | 1,488 | 18,912 |
| Jun-23 | 26,500 | 3,613 | 1,313 | 1,494 | 35,625 |
| Jul-23 | 34,250 | 3,613 | 1,294 | 1,494 | 40,000 |
| Aug-23 | 33,750 | 3,638 | 1,319 | 1,531 | 27,500 |
| Sep-23 | 35,790 | 3,675 | 1,300 | 1,525 | 26,750 |
| Oct-23 | 36,375 | 3,638 | 1,300 | 1,525 | 25,000 |
| | | | | | |

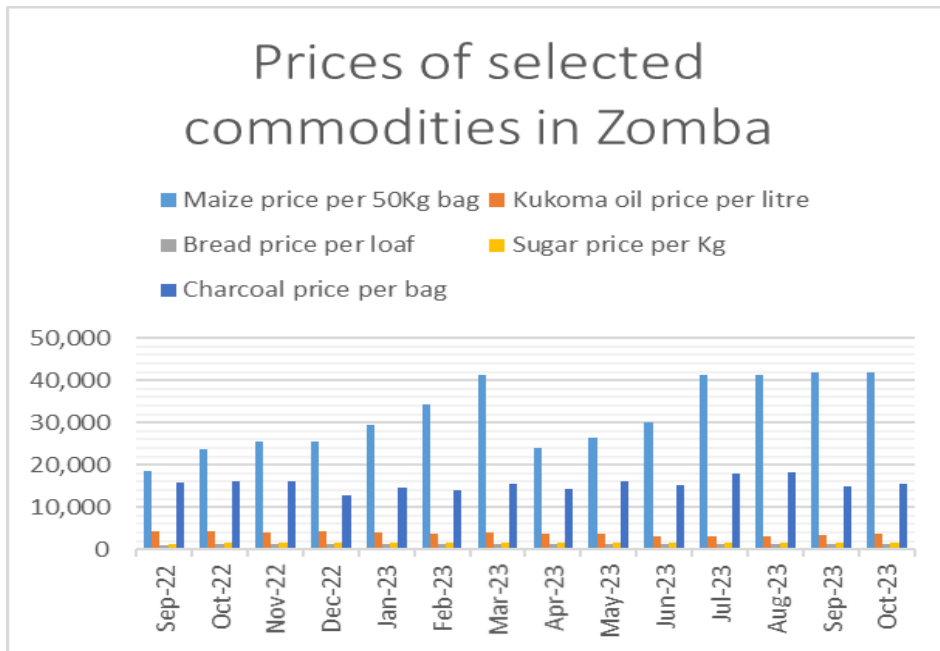
Prices of selected commodities in Lilongwe



PRICES OF SELECTED COMMODITIES IN ZOMBA

| | Maize price per 50Kg bag | Kukoma oil price per litre | Bread price per loaf | Sugar price per Kg | Charcoal price per bag |
|---------------|--------------------------|----------------------------|----------------------|--------------------|------------------------|
| Sep-22 | 18,400 | 4,286 | 1,100 | 1,207 | 15,863 |
| Oct-22 | 23,600 | 4,286 | 1,267 | 1,429 | 15,972 |
| Nov-22 | 25,600 | 3,929 | 1,250 | 1,479 | 15,972 |
| Dec-22 | 25,371 | 4,214 | 1,200 | 1,550 | 12,786 |
| Jan-23 | 29,314 | 3,957 | 1,300 | 1,529 | 14,714 |
| Feb-23 | 34,457 | 3,786 | 1,300 | 1,529 | 14,071 |
| Mar-23 | 41,314 | 3,957 | 1,300 | 1,514 | 15,500 |
| Apr-23 | 24,000 | 3,714 | 1,300 | 1,514 | 14,286 |
| May-23 | 26,400 | 3,714 | 1,286 | 1,514 | 16,257 |

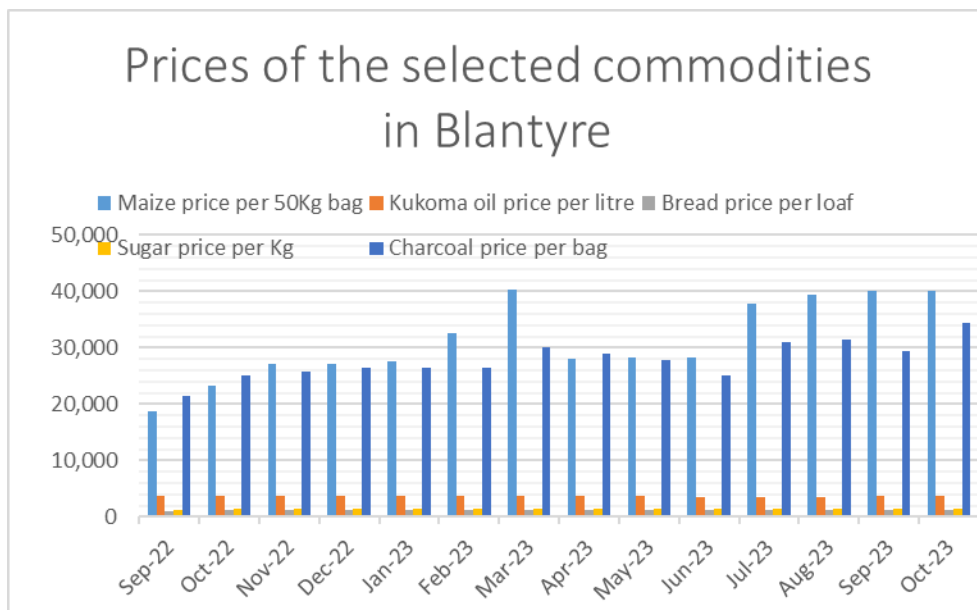
| | | | | | |
|---------------|--------|-------|-------|-------|--------|
| Jun-23 | 30,000 | 3,029 | 1,300 | 1,514 | 15,071 |
| Jul-23 | 41,314 | 3,000 | 1,300 | 1,500 | 18,000 |
| Aug-23 | 41,314 | 3,000 | 1,300 | 1,500 | 18,357 |
| Sep-23 | 42,000 | 3,343 | 1,293 | 1,493 | 14,786 |
| Oct-23 | 42,000 | 3,571 | 1,300 | 1,493 | 15,429 |



PRICES OF THE SELECTED COMMODITIES IN BLANTYRE

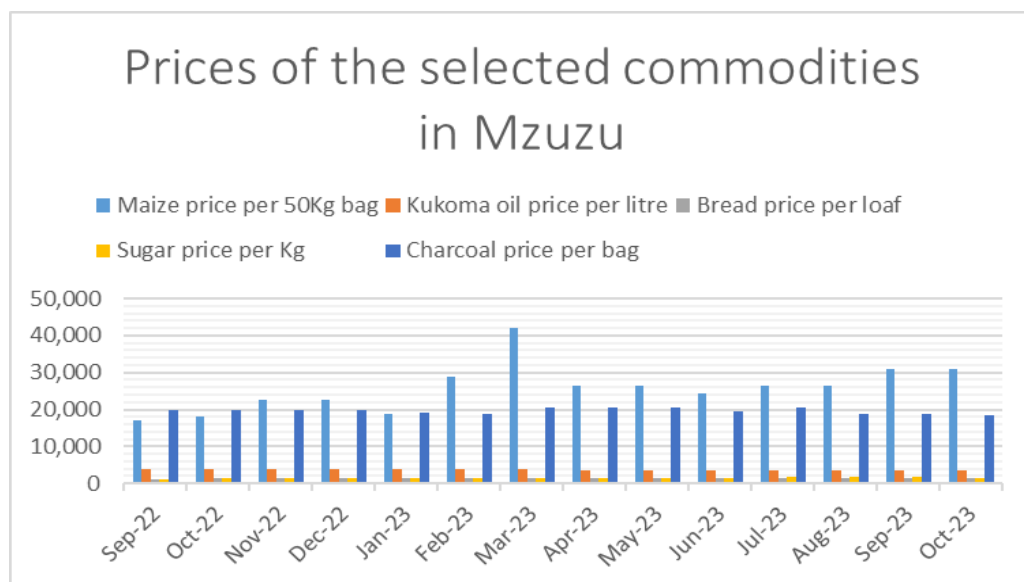
| | Maize price per 50Kg bag | Kukoma oil price per litre | Bread price per loaf | Sugar price per Kg | Charcoal price per bag |
|--------|---------------------------------|-----------------------------------|-----------------------------|---------------------------|-------------------------------|
| Sep-22 | 18,667 | 3,800 | 1,100 | 1,200 | 21,429 |
| Oct-22 | 23,250 | 3,800 | 1,200 | 1,500 | 25,000 |
| Nov-22 | 27,167 | 3,750 | 1,250 | 1,500 | 25,714 |
| Dec-22 | 27,143 | 3,736 | 1,200 | 1,500 | 26,429 |
| Jan-23 | 27,571 | 3,686 | 1,221 | 1,493 | 26,429 |
| Feb-23 | 32,500 | 3,686 | 1,229 | 1,493 | 26,429 |
| Mar-23 | 40,357 | 3,686 | 1,236 | 1,500 | 30,000 |

| | | | | | |
|---------------|--------|-------|-------|-------|--------|
| Apr-23 | 27,929 | 3,629 | 1,236 | 1,493 | 28,929 |
| May-23 | 28,286 | 3,629 | 1,236 | 1,493 | 27,857 |
| Jun-23 | 28,214 | 3,600 | 1,243 | 1,493 | 25,000 |
| Jul-23 | 37,857 | 3,586 | 1,264 | 1,500 | 31,071 |
| Aug-23 | 39,286 | 3,586 | 1,279 | 1,507 | 31,429 |
| Sep-23 | 40,000 | 3,657 | 1,279 | 1,507 | 29,286 |
| Oct-23 | 40,000 | 3,657 | 1,279 | 1,500 | 34,286 |



PRICES OF THE SELECTED COMMODITIES IN MZUZU

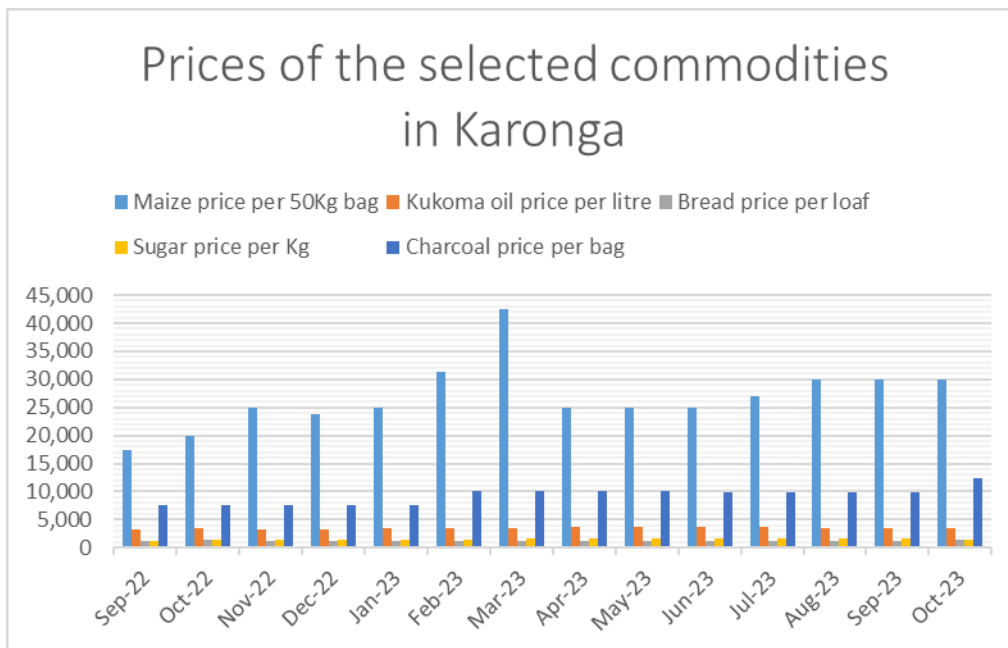
| | Maize price per 50Kg bag | Kukoma oil price per litre | Bread price per loaf | Sugar price per Kg | Charcoal price per bag |
|--------|--------------------------|----------------------------|----------------------|--------------------|------------------------|
| Sep-22 | 17,000 | 3,825 | 1067 | 1275 | 20,000 |
| Oct-22 | 18,208 | 3,825 | 1,300 | 1,583 | 20,000 |
| Nov-22 | 22,792 | 3,800 | 1,300 | 1,600 | 20,000 |
| Dec-22 | 22,792 | 3,833 | 1,300 | 1,600 | 20,000 |
| Jan-23 | 18,750 | 3,900 | 1,400 | 1,600 | 19,233 |
| Feb-23 | 28,708 | 3,900 | 1,400 | 1,600 | 18,683 |
| Mar-23 | 42,167 | 3,817 | 1,400 | 1,600 | 20,667 |
| Apr-23 | 26,375 | 3,650 | 1,400 | 1,600 | 20,667 |
| May-23 | 26,367 | 3,642 | 1,400 | 1,558 | 20,667 |
| Jun-23 | 24,417 | 3,583 | 1,400 | 1,583 | 19,647 |
| Jul-23 | 26,417 | 3,583 | 1,400 | 1,700 | 20,417 |
| Aug-23 | 26,500 | 3,600 | 1,400 | 1,683 | 18,867 |
| Sep-23 | 30,958 | 3,600 | 1,400 | 1,667 | 18,683 |
| Oct-23 | 30,958 | 3,600 | 1,400 | 1,583 | 18,283 |



PRICES OF THE SELECTED COMMODITIES IN KARONGA

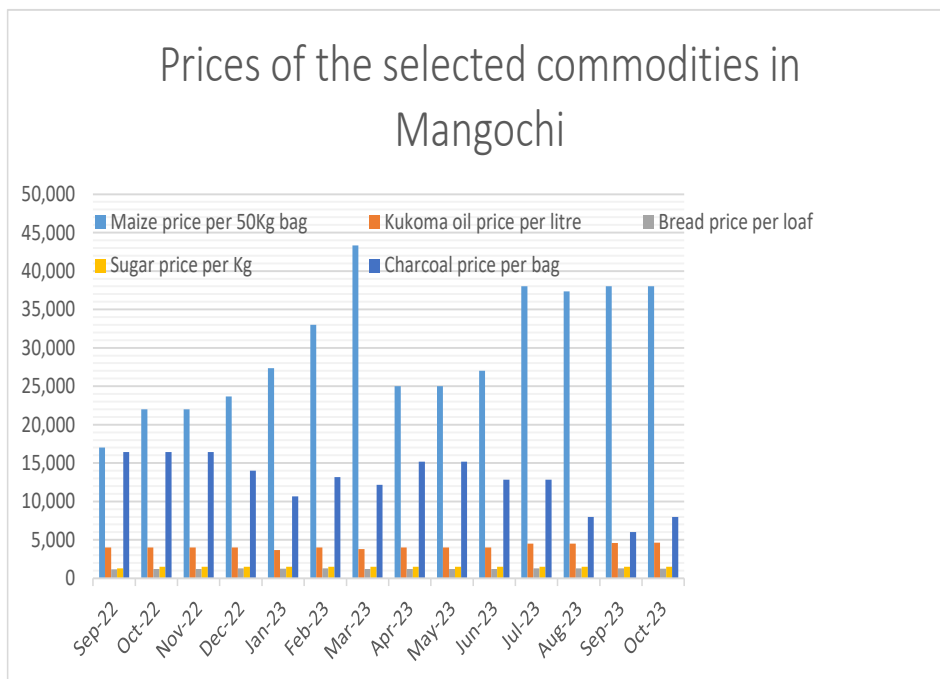
| | Maize price per 50Kg bag | Kukoma oil price per litre | Bread price per loaf | Sugar price per Kg | Charcoal price per bag |
|--------|--------------------------|----------------------------|----------------------|--------------------|------------------------|
| Sep-22 | 17,500 | 3,380 | 1,100 | 1,180 | 7,500 |

| | | | | | |
|---------------|--------|-------|-------|-------|--------|
| Oct-22 | 20,000 | 3,390 | 1,490 | 1,490 | 7,500 |
| Nov-22 | 25,000 | 3,380 | 1,200 | 1,500 | 7,500 |
| Dec-22 | 23,750 | 3,380 | 1,200 | 1,500 | 7,526 |
| Jan-23 | 25,000 | 3,500 | 1,200 | 1,500 | 7,526 |
| Feb-23 | 31,250 | 3,600 | 1,300 | 1,500 | 10,020 |
| Mar-23 | 42,500 | 3,600 | 1,300 | 1,600 | 10,100 |
| Apr-23 | 25,000 | 3,750 | 1,300 | 1,600 | 10,100 |
| May-23 | 25,000 | 3,750 | 1,300 | 1,600 | 10,100 |
| Jun-23 | 25,000 | 3,750 | 1,300 | 1,600 | 9,950 |
| Jul-23 | 27,000 | 3,750 | 1,300 | 1,600 | 9,950 |
| Aug-23 | 30,000 | 3,500 | 1,300 | 1,600 | 9,950 |
| Sep-23 | 30,000 | 3,600 | 1,300 | 1,600 | 9,945 |
| Oct-23 | 30,000 | 3,600 | 1,500 | 1,550 | 12,500 |



PRICES OF THE SELECTED COMMODITIES IN MANGOCHI

| | Maize price per 50Kg bag | Kukoma oil price per litre | Bread price per loaf | Sugar price per Kg | Charcoal price per bag |
|---------------|--------------------------|----------------------------|----------------------|--------------------|------------------------|
| Sep-22 | 17,000 | 4,000 | 1,167 | 1,300 | 16,417 |
| Oct-22 | 22,000 | 4,000 | 1,200 | 1,500 | 16,417 |
| Nov-22 | 22,000 | 4,000 | 1,200 | 1,500 | 16,417 |
| Dec-22 | 23,667 | 4,000 | 1,267 | 1,500 | 14,000 |
| Jan-23 | 27,333 | 3,667 | 1,233 | 1,500 | 10,677 |
| Feb-23 | 33,000 | 4,000 | 1,267 | 1,500 | 13,167 |
| Mar-23 | 43,333 | 3,800 | 1,200 | 1,500 | 12,167 |
| Apr-23 | 25,000 | 4,000 | 1,200 | 1,500 | 15,167 |
| May-23 | 25,000 | 4,000 | 1,200 | 1,500 | 15,167 |
| Jun-23 | 27,000 | 4,000 | 1,200 | 1,500 | 12,833 |
| Jul-23 | 38,000 | 4,500 | 1,300 | 1,500 | 12,833 |
| Aug-23 | 37,333 | 4,500 | 1,300 | 1,500 | 8,000 |
| Sep-23 | 38,000 | 4,600 | 1,300 | 1,500 | 6,000 |
| Oct-23 | 38,000 | 4,633 | 1,233 | 1,500 | 8,000 |



Monthly Average for Cost of Living

| Monthly Average | 2022 | 2022 | 2023 | 2023 | 2023 | 2023 | 2023 | 2023 | 2023 | 2023 | 2023 | 2023 |
|-----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sept | Oct |
| Amount (MK) | 327,606 | 328,522 | 356,108 | 372,471 | 405,669 | 385,848 | 377,892 | 378,812 | 395,993 | 386,192 | 389,455 | 397,134 |

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 (\$) = K1,128.42 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 24th to 25th October, 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