



CfSC

The Centre for Social Concern

Basic Needs Basket

Cost of Living for September 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 September 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	35,750	71,500	Charcoal (50 kgs)	26,875	53,750
Milling (Including Grinding)	475	6,650	Protex	938	9,380
Beans (0.8kg/day) 8 Days	1,988	12,723	Boom	981	7,848
Dry Usipa (250g/day) 4 days	11,750	11,750	Clere Body Lotion	1,400	2,800
Dry Utaka/Mcheni (200g/day) 4 days	10,625	8,500	Vaseline Blue Seal	2,225	4,450
Kapenta (200g/day) 4 days	0	0	Electricity	11,669	11,669
Beef(1 kg/day) 4 days	4,863	19,452	Running Water (meter)	12,205	12,205
Eggs (12/day) 4 days	194	9,312	Housing (3 bedroom)	62,455	62,455
Rape (750g/day) for 30 days	430	9,675	Sub-Total	164,557	
Tomato (0.5 Kg/day) 30 days	719	10,785	Lilongwe Total Basic Needs 410,334		
Onion (116g/day) 30 days	1,663	5,821	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	788	11,820	Education		
Kazinga Cooking oil (100mls/day)30 days	3,675	11,025	Secondary (fees) per year		58,500
Bread (5 bkfsts / wk) 20 days	1,300	26,000	Primary (GPF) per year		3,000
Sugar (2 Kgs /Week)	1,525	12,200	Uniform/shoes (Primary) per year		24,465
Kitchen Salt	756	756	Uniform/shoes (Secondary) per year		40,685
Tea leaves (Chisangalalo)	250	10,000	Other (pens, books, etc.) per term		21,958
Cassava /potatoes (2Kgx2Bkfst/)	488	7,808	Sub-Total	245,777	Sub-Total 148,608

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	42,000	84,000	Charcoal (50 kgs)	14,786	29,572
Milling (Including Grinding)	700	9,800	Protex	1,057	10,570
Beans (0.8kg/day) 8 Days	2,500	16,000	Boom	978	7,824
Dry Usipa (250g/day) 4 days	8,571	8,571	Clere Body Lotion	1,376	2,752
Dry Utaka/Mcheni (200g/day) 4 days	8,571	6,857	Vaseline Blue Seal	2,529	5,058
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	176	8,448	Housing (3 bedroom)	60,292	60,292
Rape (750g/day) for 30 days	529	11,903	Sub-Total	145,248	
Tomato (0.5 Kg/day) 30 days	400	6,000	Zomba Total Basic Needs 391,526		
Onion (116g/day) 30 days	700	2,450	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	714	10,710	Education		
Kazinga Cooking oil (100mls/day)30 days	3,343	10,029	Secondary (fees) per year		81,827
Bread (5 bkfsts / wk) 20 days	1,293	25,860	Primary (GPF) per year		9,000
Sugar (2 Kgs /Week)	1,493	11,944	Uniform/shoes (Primary) per year		53,209
Kitchen Salt	771	771	Uniform/shoes (Secondary) per year		57,069
Tea leaves (Chisangalalo)	159	6,360	Other (pens, books, etc.) per term		18,714
Cassava /potatoes (2Kgx2Bkfst/)	536	8,576	Sub-Total	246,278	Sub-Total 219,818

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	40,000	80,000	Charcoal (50 kgs)	29,286	58,572
Milling (Including Grinding)	400	5,600	Protex	921	9,210
Beans (0.8kg/day) 8 Days	2,000	12,800	Boom	879	7,032
Dry Usipa (250g/day) 4 days	15,429	15,429	Clere Body Lotion	1,214	2,428
Dry Utaka/Mcheni (200g/day) 4 days	11,714	9,371	Vaseline Blue Seal	1,871	3,742
Kapenta (200g/day) 4 days	20,571	16,457	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	400	9,000	Sub-Total		179,468
Tomato (0.5 Kg/day) 30 days	650	9,750	Blantyre Total Basic Needs		441,306
Onion (116g/day) 30 days	821	2,874			
Fresh Milk (250ml/day) 30 days	557	8,355	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)	1,507	12,056	Primary (GPF) per year		5,451
Kitchen Salt	571	571	Uniform/shoes (Primary) per year		59,375
Tea leaves (Chisangalalo)	70	2,800	Uniform/shoes (Secondary) per year		49,011
Cassava /potatoes (2Kgx2Bkfst/)	914	14,624	Other (pens, books, etc.) per term		21,904
Sub-Total		261,838	Sub-Total		173,472

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

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	30,958	61,916	Charcoal (50 kgs)	18,683	37,366
Milling (Including Grinding)	1,500	21,000	Protex	1,325	13,250
Beans (0.8kg/day) 8 Days	2,300	14,720	Boom	692	5,536
Dry Usipa (250g/day) 4 days	6,000	6,000	Clere Body Lotion	1,558	3,116
Dry Utaka/Mcheni (200g/day) 4 days	17,083	13,666	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	197	9,456	Housing (3 bedroom)	37,143	37,143
Rape (750g/day) for 30 days	888	19,980	Sub-Total		110,779
Tomato (0.5 Kg/day) 30 days	1,567	23,505	Mzuzu Total Basic Needs		391,114
Onion (116g/day) 30 days	1,480	5,180			
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)	1,667	13,336	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/)	474	7,584	Other (pens, books, etc.) per term		18,770
Sub-Total		280,335	Sub-Total		281,049

Mangochi cost of living for a household of six people for September 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	38,000	76,000	Charcoal (50 kgs)	6,000	12,000
Milling (Including Grinding)	800	11,200	Protex	1,500	15,000
Beans (0.8kg/day) 8 Days	1,700	10,880	Boom	1,000	8,000
Dry Usipa (250g/day) 4 days	16,000	16,000	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	19,000	15,200	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	200	9,600	Housing (3 bedroom)	38,591	38,591
Rape (750g/day) for 30 days	967	21,758	Sub-Total	96,706	
Tomato (0.5 Kg/day) 30 days	1,133	16,995	Mangochi Total Basic Needs 398,267		
Onion (116g/day) 30 days	1,800	6,300	C. SOME OTHER ADDITIONAL COSTS		
Fresh Milk (250ml/day) 30 days	700	10,500	Education		
Kazinga Cooking oil (100mls/day)30 days	4,600	13,800	Secondary (fees) per year		69,363
Bread (5 bkfsts / wk) 20 days	1,300	26,000	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/)	633	10,128	Sub-Total	Sub-Total	221,458
Sub-Total			301,561		

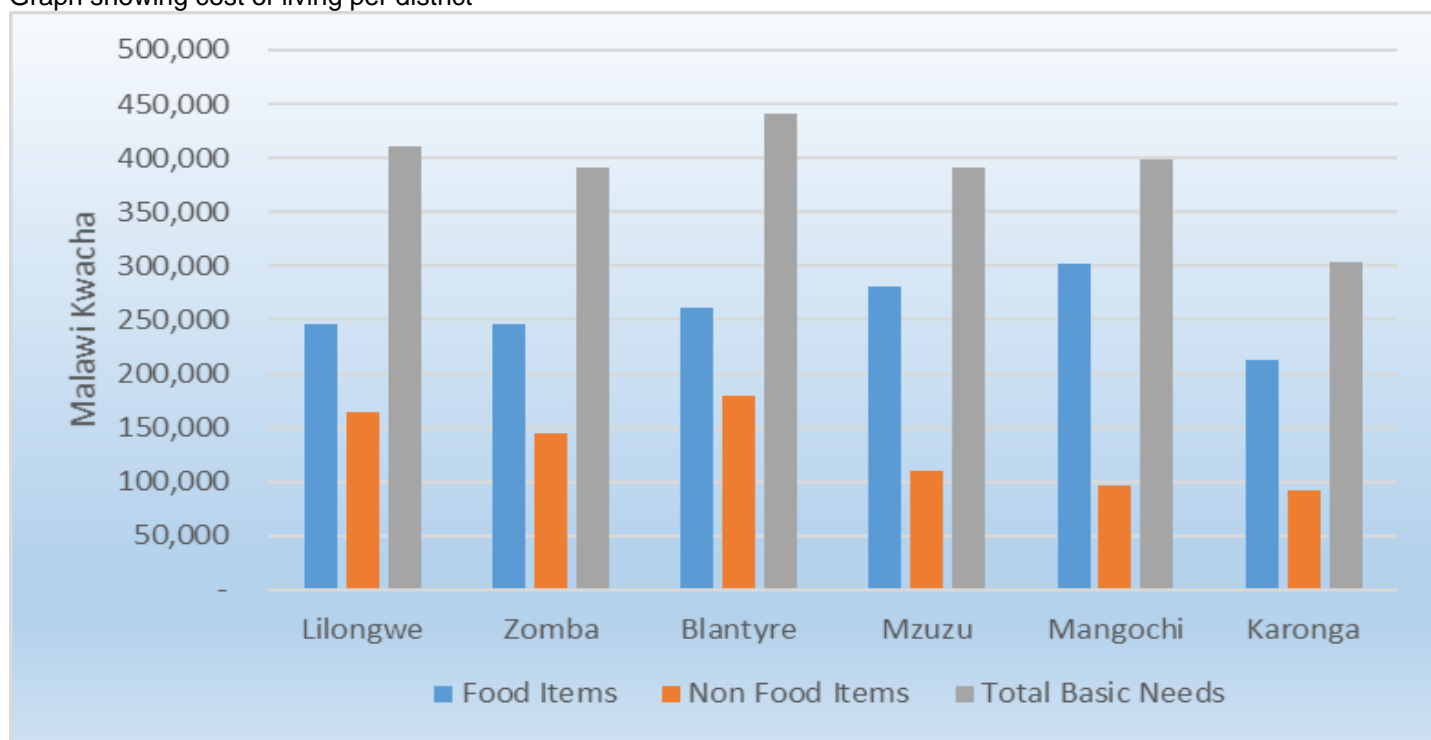
Karonga cost of living for a household of six people for September 2023

A. FOOD ITEMS			B. NON FOOD ITEMS		
Maize	30,000	60,000	Charcoal (50 kgs)	9,945	19,890
Milling (Including Grinding)	1,000	14,000	Protex	850	8,500
Beans (0.8kg/day) 8 Days	700	4,480	Boom	995	7,960
Dry Usipa (250g/day) 4 days	5,000	5,000	Clere Body Lotion	2,700	5,400
Dry Utaka/Mcheni (200g/day) 4 days	6,000	4,800	Vaseline Blue Seal	2,250	4,500
Kapenta (200g/day) 4 days	5,000	4,000	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	400	9,000	Sub-Total	91,679	
Tomato (0.5 Kg/day) 30 days	525	7,875	Karonga Total Basic Needs 304,186		
Onion (116g/day) 30 days	675	2,363	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	1,300	26,000	Primary (GPF) per year		7,488
Sugar (2 Kgs /Week)	1,600	12,800	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	Sub-Total	253,194
Sub-Total			212,508		

Table showing cost of living per district

District	Food Items	Non Food Items	Total Basic Needs
Lilongwe	245,777	164,557	410,334
Zomba	246,278	145,248	391,526
Blantyre	261,838	179,468	441,306
Mzuzu	280,335	110,779	391,114
Mangochi	301,561	96,706	398,267
Karonga	212,508	91,679	304,186

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	2023	2023	2023	2023	2023	2023	2023	2023	2023
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept
Amount (MK)	325,902	327,606	328,522	356,108	372,471	405,669	385,848	377,892	378,812	395,993	386,192	389,455

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 25th to 27th September, 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