

CFSC BASIC NEEDS BASKET BASKET: LILONGWE, ZOMBA, BLANTYRE, MZUZU NOVEMBER 2025								
(A) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN								
ITEM	Lilongwe		Zomba		Blantyre		Mzuzu	
Maize	52,500	105,000	61,750	123,500	65,000	130,000	57,500	115,000
Milling (Including Grinding)	2,000	28,000	1,200	16,800	500	7,000	2,500	35,000
Beans (0.8kg/day) 8 Days	6,100	39,040	7,571	48,454	7,000	44,800	7,450	47,680
Dry Usipa (250g/day) 4 days	37,373	37,373	22,857	22,857	30,000	30,000	20,833	20,833
Dry Utaka/Mcheni (200g/day) 4 days	37,075	29,660	27,143	21,714	38,571	30,857	52,667	42,134
Kapenta (200g/day) 4 days	0	0	0	0	51,429	41,143	10,000	8,000
Beef(1 kg/day) 4 days	12,000	48,000	12,143	48,572	11,714	46,856	14,000	56,000
Eggs (12/day) 4 days	494	23,712	500	24,000	500	24,000	500	24,000
Rape (750g/day) for 30 days	1,424	32,040	1,214	27,315	1,200	27,000	2,375	53,438
Tomato (0.5 Kg/day) 30 days	2,277	34,155	2,043	30,645	3,771	56,565	2,313	34,695
Onion (116g/day) 30 days	3,701	12,954	1,579	5,527	2,971	10,399	3,643	12,751
Fresh Milk (250ml/day) 30 days	1,913	28,695	1,800	27,000	1,829	27,435	2,333	34,995
Kazinga Cooking oil (100mls/day)30 days	9,188	27,564	9,000	27,000	9,364	28,092	9,883	29,649
Bread (5 bkfst/ wk) 20 days	2,975	59,500	2,967	59,340	2,971	59,420	3,417	68,340
Sugar (2 Kgs /Week)	5,025	40,200	5,057	40,456	4,914	39,312	5,500	44,000
Kitchen Salt	1,800	1,800	1,821	1,821	1,743	1,743	4,180	4,180
Tea leaves (Chisangalalo)	406	16,240	742	29,680	150	6,000	400	16,000
Cassava /potatoes (2Kgx2Bkfst/)	1,068	17,088	1,757	28,112	3,071	49,136	697	11,152
Sub-total		581,021		582,793		659,758		657,846
Charcoal (50 kgs)	53,125	106,250	0	0	103,571	207,142	41,453	82,906
Protex	2,313	23,130	2,386	23,860	1,779	17,790	3,367	33,670
Boom	2,500	20,000	2,664	21,312	2,443	19,544	2,267	18,136
Clere Body Lotion	4,163	8,326	4,343	8,686	3,600	7,200	4,317	8,634
Vaseline Blue Seal	5,875	11,750	6,343	12,686	1,307	2,614	5,475	1,066
Electricity	30,151	30,151	9,657	9,657	20,768	20,768	5,966	5,966
Running Water (meter)	15,829	15,829	9,364	9,364	20,473	20,473	5,943	5,943
Housing (3 bedroom)	106,249	106,249	44,807	44,807	67,675	67,675	34,008	34,008
Sub-total		321,685		130,372		363,206		190,329
Total Basic Needs		902,706		713,165		1,022,964		848,175

NB: 1 USA dollar (\$) = K1, 745.97 Malawian Kwacha (MK). Source: <https://www.oanda.com>. The Social Conditions Research Program of the Centre for Social Concern Conducted these surveys from 2nd to 4th December, 2025 in the cities of Blantyre, Zomba, Lilongwe and Mzuzu

**Centre for Social Concern, P.O. Box 40049,
Lilongwe, Malawi : director@cfscmafr.org or admin@cfscmafr.org**

PRESS STATEMENT

Lilongwe, December 10, 2025

MAIZE PRICES SHOW VARIED TRENDS ACROSS MAJOR CITIES IN MALAWI

November data reveals fluctuating maize prices across major cities in Malawi between October and November. The price of 50Kg of maize has seen notable decreases in some areas while one city experienced a marginal increase.

KEY HIGHLIGHTS

Average Cost of living: between October and November, the average cost of living decreased from K945,029 in October to K871, 752 in November, representing a decrease of 7.8%.

Lilongwe: Maize prices dropped from K66,250 in October to K52,500 in November, representing a 20% decrease.

Zomba: prices decreased from K66,857 to K61,750, marking a 7.6% reduction.

Mzuzu: A significant drop from K67,500 TO K57,500 was observed translating to a 14.8% decrease.

Blantyre: Contrary to the trend, Blantyre saw a marginal increase from K64,643 to K65,000, representing a 0.55% rise.

OBSERVATION

The decrease in maize prices in Lilongwe, Zomba and Mzuzu is a welcome relief for low income earners. However, the slight increase in Blantyre warrants monitoring. The varied trend could be attributed to several factors including supply chain dynamics and regional market influences.

COST OF LIVING CONTEXT

It is worth noting that Blantyre recorded the highest cost of living at K1,022,964 though this figure is not directly correlated to maize prices.

The government and stakeholders may need to focus on stabilizing maize prices across all regions to ensure food affordability and security for all Malawians