

Centre for Social Concern (CfSC)

Analytical Report on Cost of Living and Household Welfare

Chikwawa (TA Maseya) and Nkhotakota (TA Kanyenda)

September 2025 Rural Basic Needs Basket Monitoring Report

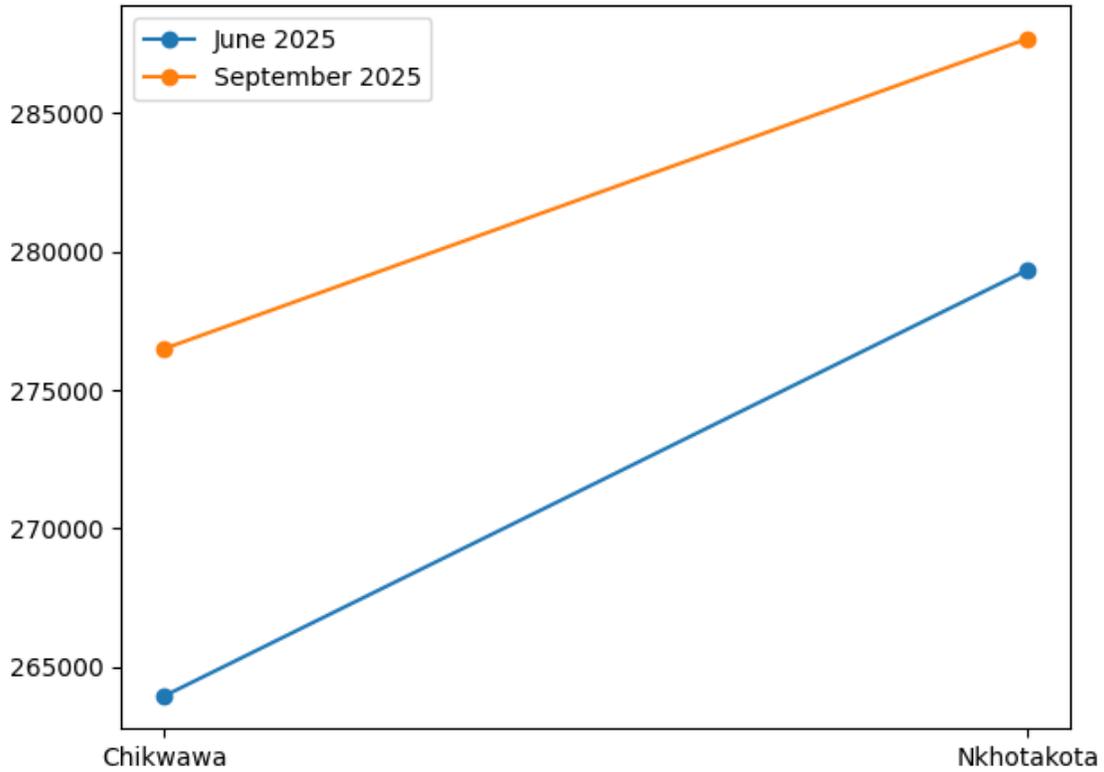
1. Introduction

The Centre for Social Concern (CfSC), through its Social Conditions Research Programme, conducted quarterly monitoring in September 2025 to track trends in the cost of living and household welfare in Chikwawa and Nkhotakota. The analysis focuses on food costs, non-food expenditures, household incomes, calorie intake, and coping mechanisms.

2. Cost of Ideal Food Basket

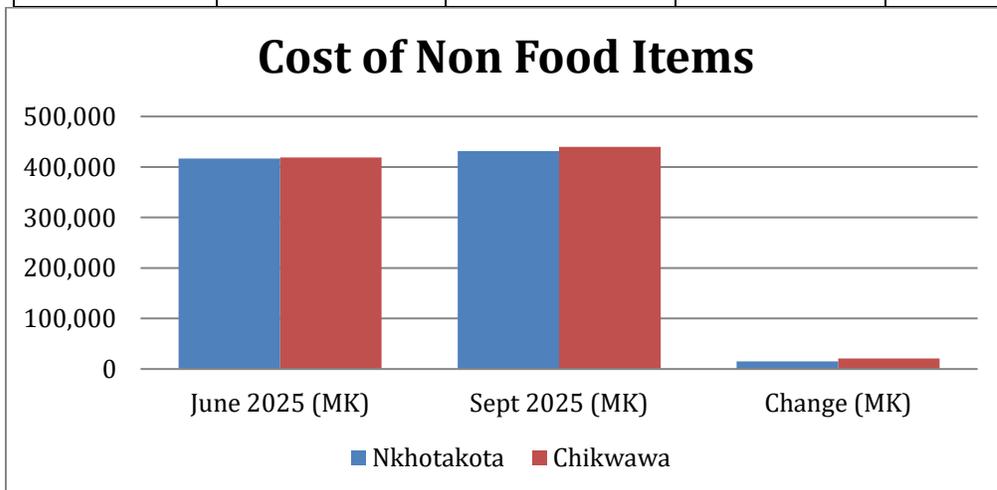
District	June 2025 (MK)	Sept 2025 (MK)	Change (MK)	% Change
Chikwawa	263,955	276,500	+12,545	+5%
Nkhotakota	279,345	287,700	+8,355	+3%

Cost of Ideal Food Basket



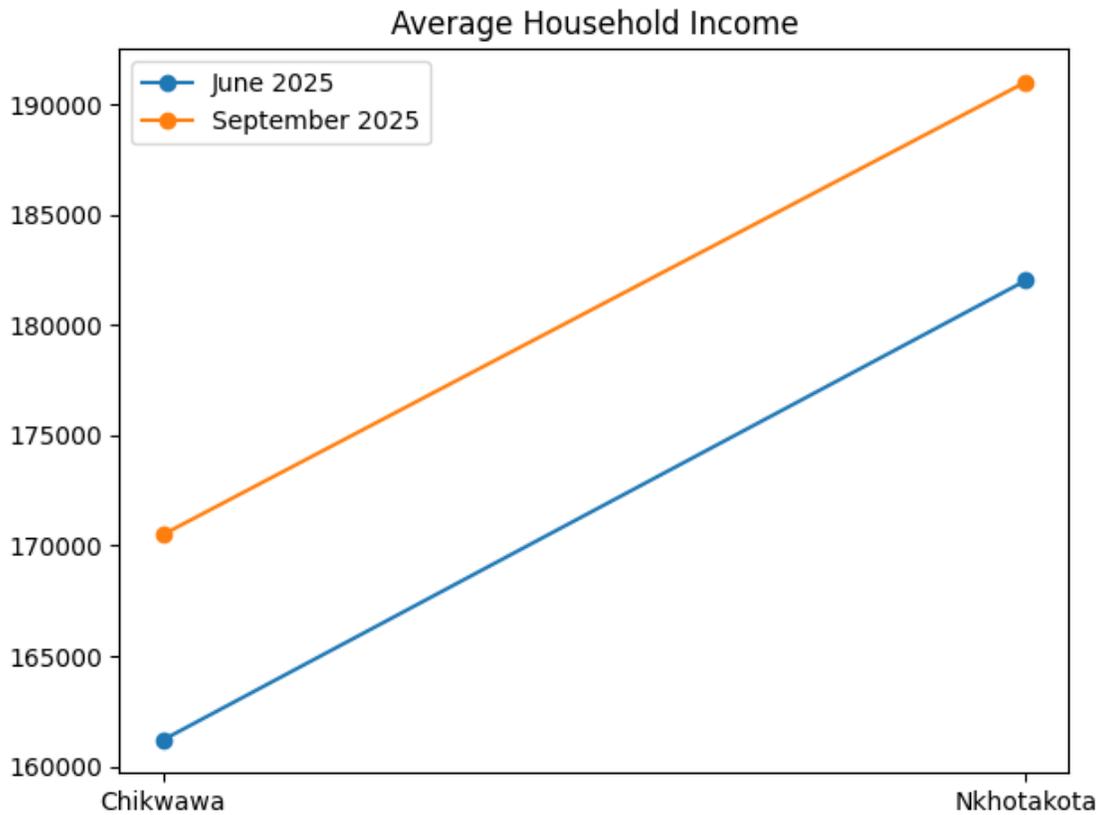
3. Cost of Non-Food Basket

District	June 2025 (MK)	Sept 2025 (MK)	Change (MK)	% Change
Chikwawa	129,000	137,500	+8,500	+7%
Nkhotakota	111,400	118,000	+6,600	+6%



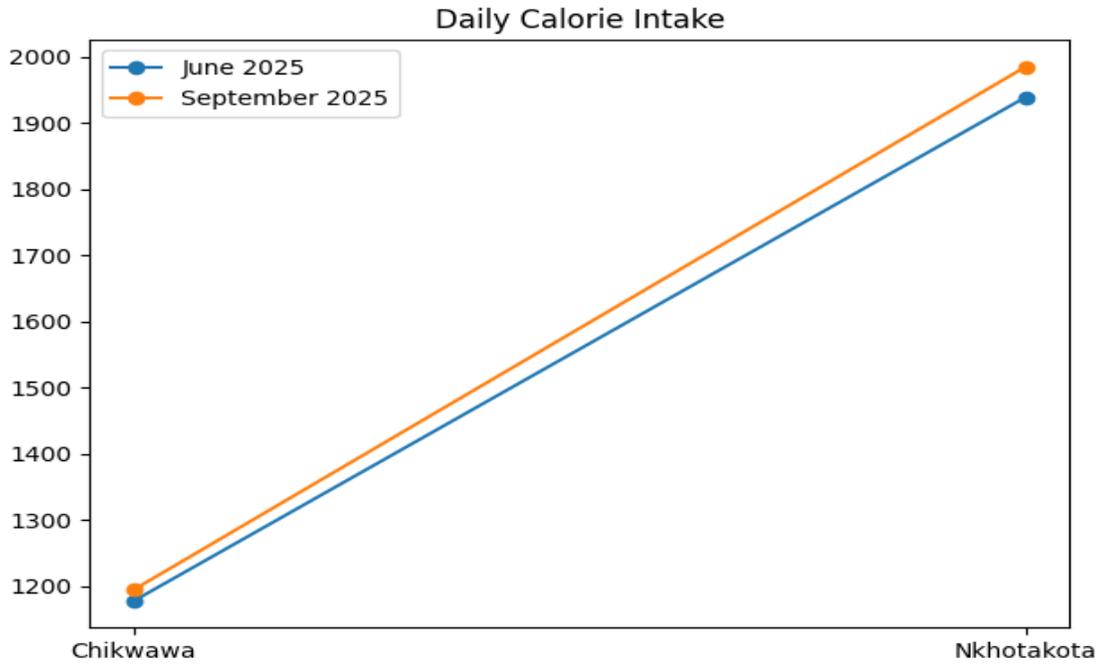
4. Average Household Income

District	June 2025 (MK)	Sept 2025 (MK)	Change (MK)	% Change
Chikwawa	161,200	170,500	+9,300	+6%
Nkhotakota	182,013	191,000	+8,987	+5%



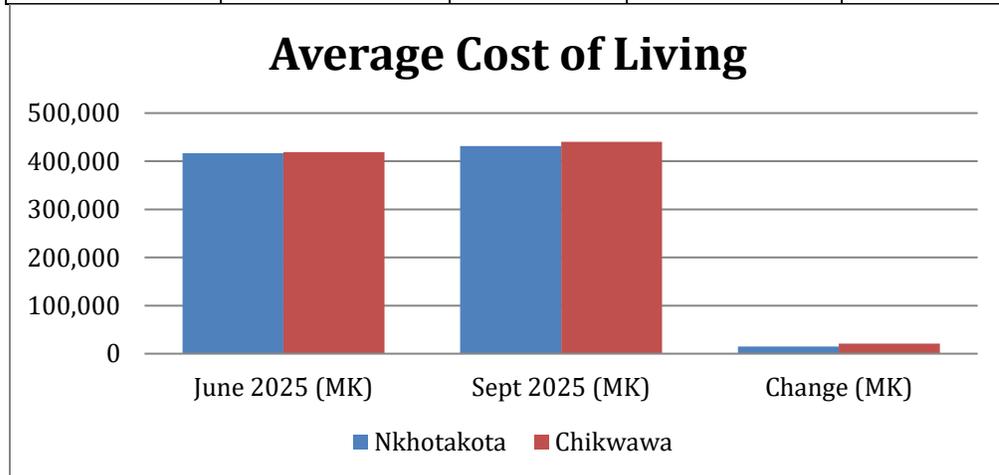
5. Kilocalorie Intake

District	June 2025	Sept 2025	Change
Chikwawa (TA Maseya)	1,178	1,195	+17
Nkhotakota (TA Kanyenda)	1,939	1,985	+46



6. Total Monthly Cost of Living

District	June 2025 (MK)	Sept 2025 (MK)	Change (MK)	% Change
Nkhotakota	416,745	431,700	+14,955	+4%
Chikwawa	418,955	440,000	+21,045	+5%



7. Policy Recommendations

- Scale up adaptive social protection and cash transfers.
- Promote climate-resilient agriculture in vulnerable districts.
- Expand affordable energy alternatives such as solar and efficient cookstoves.
- Support livelihood diversification beyond rain-fed agriculture.
- Strengthen nutrition-sensitive social programmes.

8. Conclusion

The monitoring results show that the cost of living continues to rise faster than household incomes. This widens the welfare gap and increases reliance on negative coping mechanisms. Strategic policy responses are needed to stabilize food prices, strengthen rural livelihoods, and improve nutrition security.