

# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

December 2010

## (A) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha Total	Total	Kwacha Total	Total	Kwacha Total	Total	Kwacha Total	Total
Maize (50 Kg Bag)	2 Bags	1529	3058	1064	2128	1750	3500	1580	3160
Milling (Including Grinding)	14 Tins	106	1484	78	1092	80	1120	100	1400
Beans (0.8kg/day) 8 Days	6.4 Kg	220	1408	290	1856	246	1574	254	1626
Usipa (250g/day) 4 days	1 Kg	953	953	1086	1086	1136	1136	500	500
Dry Utaka (200g/day) 4 days	0.8 Kg	873	698	971	777	986	789	460	368
Kapenta (200g/day) 4 days	0.8 Kgs	1203	962	333	266	1267	1014	387	310
Beef (1 kg/day) 4 days	4 Kgs	497	1988	500	2000	557	2228	600	2400
Eggs (12/day) 4 days	48	26	1248	30	1440	25	1200	28	1344
Rape (750g/day) for 30 days	22.5 Kgs	53	1193	96	2160	126	2835	59	1328
Tomato (0.5 kg/day) 30 days	15 Kgs	127	1905	184	2760	163	2445	153	2295
Onion (116g/day) 30 days	3.5 Kgs	231	809	269	942	269	942	185	645
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	97	1455	100	1500	100	1500	110	1650
Kazinga Cooking Oil	3x 1 Liters	459	1377	499	1497	459	1377	422	1266
Bread (5 bkfts/week) 20 days	20 Loaves	116	2320	124	2480	121	2420	120	2400
Sugar (2 kgs/week)	8 Kgs	165	1320	162	1296	161	1288	172	1376
Kitchen Salt	1 Kg	86	86	70	70	70	70	137	137
Tea (Chisangalalo)	40 x 25g	9	360	-	-	10	400	22	880
Cassava (2kgsx2bkfst/wk)	16 Kgs	25	400	25	400	56	896	20	320
Sub-total			<b>23,024</b>		<b>23,750</b>		<b>26,733</b>		<b>23,406</b>
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	2057	4114	1160	2320	2057	4114	1667	3334
Protex	10 Tablets	111	1110	124	1240	106	1060	116	1160
Boom	8 Packets	79	632	87	696	84	672	95	760
Clere Body Lotion	2 x 400 Mls	121	242	115	230	114	228	143	286
Vaseline Blue Seal	2 x 100 Mls	134	268	141	282	133	266	139	278
Electricity (Meter)	Average/Month	3173	3173	2575	2575	1854	1854	1336	1336
Running Water (Meter)	Average/Month	1891	1891	1806	1806	1958	1958	1085	1085
Housing (3 Bed roomed)	Rent/Month	15,844	15,844	8,750	8,750	11,811	11,811	10,063	10,063
Sub-total			<b>27,274</b>		<b>17,899</b>		<b>21,963</b>		
<b>18,302</b>									
<b>Total for Basic Needs Basket</b>			<b>50,298</b>		<b>41,649</b>		<b>48,696</b>		<b>41,708</b>

Totals for Lilongwe from previous months	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	May 10	June 10	July 10
Amount	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589	50,782	46,572

## (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7,645	7,525	6,000	7,600	Diesel (per litre)	256.20
Primary (GPF)	500	950	700	1,200	Petrol (per litre)	231.20
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100	Paraffin (per litre)	135.40
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400	Minibus fare to town and back	LL: MK200 – MK220;
Other (pens, books, etc.)	2,910	3,900	2,600	2,700	BT: 120.00; ZA: MK120 – MK160;	
					MZ: MK140 – MK180	

## (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher	Nurse	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	being updated	being updated	being updated	being updated	being updated	being updated

The Social Conditions Research Program of the Centre for Social Concern conducted these surveys in December in the cities of Blantyre, Zomba, Lilongwe and Mzuzu.

**NOTE:** This Urban Basic Needs Basket is undergoing some modifications to incorporate various input from different stakeholders following the consultative session held on 2<sup>nd</sup> September, 2010. We welcome more feedback from you!

# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

November 2010

## (B) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1400	2800	1064	2128	1750	3500	1520	3040
Milling (Including Grinding)	14 Tins	101	1414	78	1092	80	1120	100	1400
Beans (0.8kg/day) 8 Days	6.4 Kg	214	1370	242	1549	220	1408	230	1472
Usipa (250g/day) 4 days	1 Kg	856	856	1000	1000	1063	1063	750	750
Dry Utaka (200g/day) 4 days	0.8 Kg	1234	987	986	789	1203	962	570	456
Kapenta (200g/day) 4 days	0.8 Kgs	1067	854	333	266	1417	1134	583	466
Beef (1 kg/day) 4 days	4 Kgs	597	2388	500	2000	521	2084	592	2368
Eggs (12/day) 4 days	48	28	1344	29	1392	25	1200	29	1392
Rape (750g/day) for 30 days	22.5 Kgs	44	990	66	1485	90	2025	109	2453
Tomato (0.5 kg/day) 30 days	15 Kgs	102	1530	103	1545	164	2460	123	1845
Onion (116g/day) 30 days	3.5 Kgs	207	725	160	560	161	564	141	494
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	95	1425	100	1500	100	1500	103	1545
Kazinga Cooking Oil	3x 1 Liters	456	1368	499	1497	474	1422	503	1509
Bread (5 bkfts/week) 20 days	20 Loaves	120	2400	124	2480	124	2480	120	2400
Sugar (2 kgs/week)	8 Kgs	161	1288	162	1296	164	1312	170	1360
Kitchen Salt	1 Kg	80	80	70	70	104	104	138	138
Tea (Chisangalalo)	40 x 25g	11	440	-	-	10	400	22	880
Cassava (2kgsx2bkfts/wk)	16 Kgs	20	320	18	288	45	720	27	432
Sub-total			<b>22,578</b>		<b>20,937</b>		<b>25,458</b>		<b>24,399</b>
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	2143	4286	1120	2240	2000	4000	2000	4000
Protex	10 Tablets	114	1140	124	1240	113	1130	138	1380
Boom	8 Packets	78	624	86	688	83	664	95	760
Clere Body Lotion	2 x 400 Mls	126	252	112	224	113	226	143	286
Vaseline Blue Seal	2 x 100 Mls	140	280	139	278	132	264	139	278
Electricity (Meter)	Average/Month	3173	3173	2575	2575	1854	1854	1336	1336
Running Water (Meter)	Average/Month	1891	1891	1806	1806	1958	1958	1085	1085
Housing (3 Bed- roomed)	Rent/Month	15,844	15,844	8750	8750	11,811	11,811	10,063	10,063
Sub-total			<b>27,490</b>		<b>17,801</b>		<b>21,907</b>		<b>19,188</b>
<b>Total for Basic Needs Basket</b>			<b>50,068</b>		<b>38,738</b>		<b>47,365</b>		<b>43,587</b>

Totals for Lilongwe from previous months	Dec.10	Jan.10	Feb.10	March.10	April.10	May.10	June.10	July.09	Aug.10	Sept.10	Oct.10	Nov.10	Dec.10
Amount													

## (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7,645	7,525	6,000	7,600	Diesel (per litre)	256.20
Primary (GPF)	500	950	700	1,200	Petrol (per litre)	231.20
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100	Paraffin (per litre)	135.40
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400	Minibus fare to town and back LL: MK200 – MK220;	
Other (pens, books, etc.)	2,910	3,900	2,600	2,700	BT: 120.00; ZA: MK120 – MK160;	
					MZ: MK140 – MK180	

## (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher	Nurse	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	being updated	being updated	being updated	being updated	being updated	being updated

The Social Conditions Research Program of the Centre for Social Concern conducted these surveys in November in the cities of Blantyre, Zomba, Lilongwe and Mzuzu.

**NOTE:** This Urban Basic Needs Basket is undergoing some modifications to incorporate various input from different stakeholders following the consultative session held on 2<sup>nd</sup> September, 2010. We welcome more feedback from you!

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# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

October 2010

## (C) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1457	2914	1457	2914	1750	3500	1510	3020
Milling (Including Grinding)	14 Tins	111	1554	79	1106	80	1120	100	1400
Beans (0.8kg/day) 8 Days	6.4 Kg	209	1338	240	1536	220	1408	303	1939
Usipa (250g/day) 4 days	1 Kg	734	734	1029	1029	1157	1157	750	750
Dry Utaka (200g/day) 4 days	0.8 Kg	1364	1091	843	674	1264	1011	920	736
Kapenta (200g/day) 4 days	0.8 Kgs	1233	986	667	534	1000	800	453	362
Beef (1 kg/day) 4 days	4 Kgs	597	2388	500	2000	521	2084	600	2400
Eggs (12/day) 4 days	48	22	1056	29	1392	25	1200	22	1056
Rape (750g/day) for 30 days	22.5 Kgs	45	1013	63	1418	71	1598	36	810
Tomato (0.5 kg/day) 30 days	15 Kgs	99	1485	91	1365	145	2175	123	1845
Onion (116g/day) 30 days	3.5 Kgs	199	697	189	662	184	644	168	588
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	96	1440	100	1500	100	1500	113	1695
Kazinga Cooking Oil	3x 1 Liters	456	1368	499	1497	474	1422	337	1011
Bread (5 bkfts/week) 20 days	20 Loaves	119	2380	124	2480	124	2480	120	2400
Sugar (2 kgs/week)	8 Kgs	164	1312	161	1288	164	1312	170	1360
Kitchen Salt	1 Kg	80	80	70	70	102	102	128	128
Tea (Chisangalalo)	40 x 25g	11	440	-	-	10	400	20	800
Cassava (2kgsx2bkfts/wk)	16 Kgs	20	320	18	240	41	656	37	592
Sub-total			<b>22,595</b>		<b>21,752</b>		<b>24,569</b>		<b>22,893</b>
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	2143	4286	1120	2240	2000	4000	2000	4000
Protex	10 Tablets	109	1090	124	1240	113	1130	133	1330
Boom	8 Packets	79	632	86	688	83	664	97	776
Clere Body Lotion	2 x 400 Mls	123	246	112	224	110	220	139	278
Vaseline Blue Seal	2 x 100 Mls	143	286	139	278	132	264	135	270
Electricity (Meter)	Average/Month	3173	3173	2575	2575	1854	1854	1336	1336
Running Water (Meter)	Average/Month	1891	1891	1806	1806	11,811	11,811	10,063	10,063
Sub-total			<b>27,448</b>		<b>17,801</b>		<b>21,901</b>		<b>19,138</b>
<b>Total for Basic Needs Basket</b>			<b>50,043</b>		<b>39,553</b>		<b>46,470</b>		<b>42,031</b>

Totals for Lilongwe from previous months	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	May 10	June 10	July 10
Amount	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589	50,782	46,572

## (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7,645	7,525	6,000	7,600	Diesel (per litre)	256.20
Primary (GPF)	500	950	700	1,200	Petrol (per litre)	231.20
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100	Paraffin (per litre)	135.40
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400	Minibus fare to town and back LL: MK200 – MK220;	
Other (pens, books, etc.)	2,910	3,900	2,600	2,700	BT: 120.00; ZA: MK120 – MK160;	
					MZ: MK140 – MK180	

## (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher	Nurse	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	being updated	being updated	being updated	being updated	being updated	being updated

The Social Conditions Research Program of the Centre for Social Concern conducted these surveys in October in the cities of Blantyre, Zomba, Lilongwe and Mzuzu.

**NOTE:** This Urban Basic Needs Basket is undergoing some modifications to incorporate various input from different stakeholders following the consultative session held on 2<sup>nd</sup> September, 2010. We welcome more feedback from you!

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# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

September 2010

## (D) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1629	3258	1175	2350	1750	3500	1520	3040
Milling (Including Grinding)	14 Tins	99	1386	79	1106	80	1120	100	1400
Beans (0.8kg/day) 8 Days	6.4 Kg	197	1261	214	1370	220	1408	266	1702
Usipa (250g/day) 4 days	1 Kg	1061	1061	964	964	1243	1243	630	630
Dry Utaka (200g/day) 4 days	0.8 Kg	1531	1225	900	720	1893	1514	880	704
Kapenta (200g/day) 4 days	0.8 Kgs	1200	960	-	-	1233	986	293	234
Beef (1 kg/day) 4 days	4 Kgs	588	2352	507	2028	521	2084	592	2368
Eggs (12/day) 4 days	48	23	1104	30	1440	26	1248	25	1200
Rape (750g/day) for 30 days	22.5 Kgs	46	1035	67	1508	59	1328	32	720
Tomato (0.5 kg/day) 30 days	15 Kgs	137	2055	81	1215	141	2115	113	1695
Onion (116g/day) 30 days	3.5 Kgs	276	966	152	532	152	532	189	662
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	97	1455	102	1530	100	1500	123	1845
Kazinga Cooking Oil	3x 1 Liters	466	1398	511	1533	474	1422	323	969
Bread (5 bkfts/week) 20 days	20 Loaves	114	2280	120	2400	124	2480	120	2400
Sugar (2 kgs/week)	8 Kgs	163	1304	135	1080	164	1312	171	1368
Kitchen Salt	1 Kg	79	79	114	114	83	83	127	127
Tea (Chisangalalo)	40 x 25g	12	480	16	640	10	400	20	800
Cassava (2kgsx2bkfts/wk)	16 Kgs	40	640	15	240	36	576	10	160
Sub-total			24,299		20,769		24,851		22,024
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	2143	4286	1067	2134	2000	4000	1933	3866
Protex	10 Tablets	104	1040	109	1090	111	1110	133	1330
Boom	8 Packets	78	624	93	744	83	664	97	776
Clere Body Lotion	2 x 400 Mls	121	242	118	236	113	226	141	282
Vaseline Blue Seal	2 x 100 Mls	146	292	136	272	141	282	135	270
Electricity (Meter)	Average/Month	3694	3694	3431	3431	2750	2750	1685	1685
Running Water (Meter)	Average/Month	1631	1631	3362	3362	2275	2275	1414	1414
Housing (3 Bed roomed)	Rent/Month	14,063	14063	10875	10,875	15000	15000	9450	9450
Sub-total			25,872		22,144		26,307		19,073
<b>Total for Basic Needs Basket</b>			<b>50,171</b>		<b>42,913</b>		<b>51,158</b>		<b>41,097</b>

Totals for Lilongwe from previous months	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	May 10	June 10	July 10
Amount	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589	50,782	46,572

## (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7,645	7,525	6,000	7,600	Diesel (per litre)	256.20
Primary (GPF)	500	950	700	1,200	Petrol (per litre)	231.20
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100	Paraffin (per litre)	135.40
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400	Minibus fare to town and back LL: MK200 – MK220;	
Other (pens, books, etc.)	2,910	3,900	2,600	2,700	BT: 120.00; ZA: MK120 – MK160;	
					MZ: MK140 – MK180	

## (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher	Nurse	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	being updated	being updated	being updated	being updated	being updated	being updated

The Social Conditions Research Program of the **Centre for Social Concern** conducted these surveys in September in the cities of Blantyre, Zomba, Lilongwe and Mzuzu.

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# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU AUGUST 2010

## (E) COST OF BASIC FOOD ITEMS FOR A HOUSEHOLD SIZE OF SIX PEOPLE IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1457	2914	1436	2872	1717	3434	1570	3140
Milling (Including Grinding)	14 Tins	110	1540	79	1106	80	1120	100	1400
Beans (0.8kg/day) 8 Days	6.4 Kg	203	1299	245	1568	214	1370	228	1459
Usipa (250g/day) 4 days	1 Kg	1275	1275	1000	1000	1700	1700	960	960
Dry Utaka (200g/day) 4 days	0.8 Kg	1449	1159	929	743	1500	1200	2050	1640
Kapenta (200g/day) 4 days	0.8 Kgs	833	666	-	-	-	-	567	454
Beef (1 kg/day) 4 days	4 Kgs	597	2388	525	2100	521	2084	600	2400
Eggs (12/day) 4 days	48	30	1440	30	1440	26	1248	30	1440
Rape (750g/day) for 30 days	22.5 Kgs	80	1800	55	1238	53	1193	81	1823
Tomato (0.5 kg/day) 30 days	15 Kgs	161	2415	71	1065	224	3360	215	3225
Onion (116g/day) 30 days	3.5 Kgs	298	1043	210	735	148	518	224	784
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	96	1440	100	1500	102	1530	117	1755
Kazinga Cooking Oil	3x 1 Liters	459	1377	421	1263	465	1395	395	1185
Bread (5 bkfts/week) 20 days	20 Loaves	121	2420	126	2520	122	2440	120	2400
Sugar (2 kgs/week)	8 Kgs	165	1320	161	1288	162	1296	168	1344
Kitchen Salt	1 Kg	84	84	43	43	117	117	128	128
Tea (Chisangalalo)	40 x 25g	10	400	9	360	13	520	17	680
Cassava (2kgsx2bkfts/wk)	16 Kgs	55	880	15	224	39	624	35	560
<b>Sub-total</b>			<b>25,861</b>		<b>21,065</b>		<b>25,149</b>		<b>26,776</b>
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	2000	4000	1120	2240	2000	4000	2000	4000
Protex	10 Tablets	110	1100	126	1260	94	940	134	1340
Boom	8 Packets	79	632	92	736	87	696	90	720
Clere Body Lotion	2 x 400 Mls	120	240	119	238	116	232	143	286
Vaseline Blue Seal	2 x 100 Mls	136	272	141	282	144	288	133	266
Electricity (Meter)	Average/Month	2270	2270	3431	3431	2750	2750	2650	2650
Running Water (Meter)	Average/Month	1720	1720	3362	3362	2275	2275	1760	1760
Housing (3 Bed roomed)	Rent/Month	15000	15000	10875	10875	15000	15000	9800	9800
<b>Sub-total</b>			<b>25,234</b>		<b>22,424</b>		<b>26,181</b>		<b>20,822</b>
<b>Total for Basic Needs Basket</b>			<b>51,095</b>		<b>43,485</b>		<b>51,329</b>		<b>47,598</b>

Totals for Lilongwe from previous months	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	May 10	June 10	July 10
Amount	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589	50,782	46,572

### (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7,645	7,525	6,000	7,600	Diesel (per litre)	256.20
Primary (GPF)	500	950	700	1,200	Petrol (per litre)	231.20
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100	Paraffin (per litre)	135.40
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400	Minibus fare to town and back LL: MK200 – MK220;	
Other (pens, books, etc.)	2,910	3,900	2,600	2,700	BT: 120.00; ZA: MK120 – MK160;	
					MZ: MK140 – MK180	

### (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher	Nurse	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	being updated	being updated	being updated	being updated	being updated	being updated

The Social Conditions Research Program of the **Centre for Social Concern** conducted these surveys in August in the cities of Blantyre, Zomba, Lilongwe and Mzuzu.

**NOTE:** This Urban Basic Needs Basket is undergoing some modifications to incorporate various input from different stakeholders following the consultative session held on 2<sup>nd</sup> September, 2010. We welcome more feedback from you!

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# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

## JULY 2010

### (F) COST OF BASIC FOOD ITEMS FOR A FAMILY OF SIX IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1288	2576	1050	2100	1875	3750	1440	2880
Milling (Including Grinding)	14 Tins	100	1400	79	1106	80	1120	100	1400
Beans (0.8kg/day) 8 Days	6.4 Kg	178	1139	247	1581	223	1427	265	1696
Usipa (250g/day) 4 days	1 Kg	1113	1113	1014	1014	1646	1646	1140	1140
Dry Utaka (200g/day) 4 days	0.8 Kg	1110	888	943	754	1504	1203	2050	1640
Kapenta (200g/day) 4 days	0.8 Kgs	1075	860	-	-	2267	1814	1233	986
Beef (1 kg/day) 4 days	4 Kgs	576	2304	525	2100	521	2084	600	2400
Eggs (12/day) 4 days	48	27	1296	30	1440	25	1200	29	1392
Rape (750g/day) for 30 days	22.5 Kgs	93	2093	62	1395	74	1665	88	1980
Tomato (0.5 kg/day) 30 days	15 Kgs	90	1350	54	810	90	1350	220	3300
Onion (116g/day) 30 days	3.5 Kgs	271	949	210	735	235	823	252	882
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	73	1095	107	1605	98	1470	120	1800
Kazinga Cooking Oil	3x 1 Liters	418	1254	493	1479	464	1392	497	1491
Bread (5 bkfts/week) 20 days	20 Loaves	92	1840	126	2520	122	2440	120	2400
Sugar (2 kgs/week)	8 Kgs	147	1176	161	1288	167	1336	160	1280
Kitchen Salt	1 Kg	74	74	43	43	107	107	129	129
Tea (Chisangalalo)	40 x 25g	12	480	-	-	10	400	22	880
Cassava (2kgsx2bkfst/wk)	16 Kgs	33	528	15	240	33	528	33	528
<b>Sub-total</b>			<b>22,414</b>		<b>20,210</b>		<b>25,755</b>		
<b>28,204</b>									
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	1600	3200	1120	2240	2000	4000	2000	4000
Protex	10 Tablets	96	960	126	1260	111	1110	134	1340
Boom	8 Packets	69	552	95	760	85	680	87	696
Clere Body Lotion	2 x 400 Mls	106	212	119	238	116	232	138	276
Vaseline Blue Seal	2 x 100 Mls	122	244	139	278	129	258	135	270
Electricity (Meter)	Average/Month	2,270	2,270	3,431	3,431	2,750	2,750	1,513	1,513
Running Water (Meter)	Average/Month	1,720	1,720	3,362	3,362	2,275	2,275	1,425	1,425
Housing (3 Bed roomed)	Rent/Month	15000	15000	10875	10875	15000	15000	9,750	9,750
<b>Sub-total</b>			<b>24,158</b>		<b>22,444</b>		<b>26,305</b>		<b>19,270</b>
<b>Total for Basic Needs Basket</b>			<b>46,572</b>		<b>42,654</b>		<b>52,060</b>		<b>47,474</b>

Totals for Lilongwe from previous months	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	Mar 10	Apr 10	May10
Amount	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589	45,308	46,543

### (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7,645	7,525	6,000	7,600	Diesel (per litre)	256.20
Primary (GPF)	500	950	700	1,200	Petrol (per litre)	231.20
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100	Paraffin (per litre)	135.40
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400	Minibus fare to town and back LL: MK200 – MK220;	
Other (pens, books, etc.)	2,910	3,900	2,600	2,700	BT: 120.00; ZA: MK120 – MK160;	
					MZ: MK140 – MK180	

### (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher (K)	Nurse (I)	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	K15,422 - K17,203	K32,893- K37,275	K7,000- K10,000	K3,000- K8,000	K5,000- K10,000	K3,000 - K5,000

The Social Conditions Research Program of the **Centre for Social Concern** conducted these surveys in July in the cities of Blantyre, Zomba, Lilongwe and Mzuzu.

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# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

JUNE 2010

## (G) COST OF BASIC FOOD ITEMS FOR A FAMILY OF SIX IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1386	2772	1266	2533	1875	3750	2320	4640
Milling (Including Grinding)	14 Tins	114	1596	78	1097	40	560	100	1400
Beans (0.8kg/day) 8 Days	6.4 Kg	210	1344	239	1530	217	1389	265	1696
Usipa (250g/day) 4 days	1 Kg	1559	1559	843	843	1529	1529	1233	1233
Dry Utaka (200g/day) 4 days	0.8 Kg	1423	1148	814	651	1371	1097	2217	1774
Kapenta (200g/day) 4 days	0.8 Kgs	1171	937	1000	800	2133	1706	1233	986
Beef (1 kg/day) 4 days	4 Kgs	600	2400	500	2000	521	2084	600	2400
Eggs (12/day) 4 days	48	29	1410	30	1440	26	1240	25	1200
Rape (750g/day) for 30 days	22.5 Kgs	75	1679	54	1215	70	1575	86	1935
Tomato (0.5 kg/day) 30 days	15 Kgs	116	1740	36	540	118	1770	262	3930
Onion (116g/day) 30 days	3.5 Kgs	374	1309	247	865	234	819	295	1033
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	94	1410	102	1530	97	1455	120	1800
Kazinga Cooking Oil	3x 1 Liters	458	1374	489	1467	464	1392	498	1494
Bread (5 bkfts/week) 20 days	20 Loaves	120	2400	126	2520	122	2440	120	2400
Sugar (2 kgs/week)	8 Kgs	165	1320	161	1288	162	1296	170	1360
Kitchen Salt	1 Kg	80	80	115	115	108	108	128	128
Tea (Chisangalalo)	40 x 25g	13	520	-	-	12	480	18	720
Cassava (2kgsx2bkfst/wk)	16 Kgs	39	624	13	208	37	592	34	544
Sub-total			<b>25,612</b>		<b>20,642</b>		<b>25,282</b>		<b>30,673</b>
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	1920	3840	989	1978	2000	4000	2000	4000
Protex	10 Tablets	118	1180	130	1300	112	1120	135	1350
Boom	8 Packets	79	632	88	704	85	680	97	776
Clere Body Lotion	2 x 400 Mls	121	242	115	230	116	232	141	282
Vaseline Blue Seal	2 x 100 Mls	143	286	139	278	129	258	134	268
Electricity (Meter)	Average/Month	2,270	2,270	2,250	2,250	2,750	2,750	1,513	1,513
Running Water (Meter)	Average/Month	1,720	1,720	2,150	2,150	2,275	2,275	1,425	1,425
Housing (3 Bed roomed)	Rent/Month	15000	15000	13000	13000	15000	15000	9,750	9,750
Sub-total			<b>25,170</b>		<b>21,890</b>		<b>26,315</b>		<b>19,364</b>
<b>Total for Basic Needs Basket</b>			<b>50,782</b>		<b>42,532</b>		<b>51,597</b>		<b>50,037</b>

Totals for Lilongwe from previous months	May 09	June 09	July 09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	Mar 10	Apr 10	May 10
Amount	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589	45,308	46,543

## (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7,645	7,525	6,500	7,600	Diesel (per litre)	256.20
Primary (GPF)	500	950	770	1,200	Petrol (per litre)	231.20
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100	Paraffin (per litre)	135.40
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400	Minibus fare to town and back	LL: MK200 – MK220;
Other (pens, books, etc.)	2,910	3,900	2,600	2,700		BT: 120.00; ZA: MK120 – MK160;
						MZ: MK140 – MK180

## (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher (K)	Nurse (I)	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	K15,422 - K17,203	K32,893- K37,275	K7,000- K10,000	K3,000- K8,000	K5,000- K10,000	K3,000 K5,000

The Social Conditions Research Program of the Centre for Social Concern conducted these surveys in June in the cities of Blantyre, Zomba, Lilongwe and Mzuzu. In all the cities cost of living has gone up.

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# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU MAY 2010

## (H) COST OF BASIC FOOD ITEMS FOR A FAMILY OF SIX IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1,238	2,476	1,036	2,072	1,792	3,584	1,890	
3,780									
Milling (Including Grinding)	14 Tins	98	1,372	79	1,106	40	560	100	
1,400									
Beans (0.8kg/day) 8 Days	6.4 Kg	194	1,242	283	1,811	226	1,446	262	
1,677									
Usipa (250g/day) 4 days	1 Kg	972	972	971	971	1,500	1,500	660	660
Dry Utaka (200g/day) 4 days	0.8 Kg	1,206	965	971	777	1,514	1,211	1,650	
1,320									
Kapenta (200g/day) 4 days	0.8 Kgs	1,100	880	-	-	567	454	1,233	986
Beef (1 kg/day) 4 days	4 Kgs	583	2,332	-	-	521	2,084	583	
2,332									
Eggs (12/day) 4 days	48	26	1,248	26	1,248	25	1,200	25	
1,200									
Rape (750g/day) for 30 days	22.5 Kgs	72	1,620	94	2,115	32	720	87	
1,958									
Tomato (0.5 kg/day) 30 days	15 Kgs	118	1,770	96	1,440	184	2,760	235	
3,525									
Onion (116g/day) 30 days	3.5 Kgs	397	1,390	333	1,166	246	861	185	648
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	76	1,140	100	1,500	100	1,500	120	
1,800									
Kazinga Cooking Oil	3x 1 Liters	402	1,206	494	1,482	461	1,383	498	1,494
Bread (5 bkfts/week) 20 days	20 Loaves	93	1,860	126	2,520	117	2,340	120	
2,400									
Sugar (2 kgs/week)	8 Kgs	137	1,096	149	1,192	141	1,128	173	1,384
Kitchen Salt	1 Kg	73	73	97	97	94	94	128	128
Tea (Chisangalalo)	40 x 25g	9	360	-	-	13	520	18	720
Cassava (2kgsx2bkfst/wk)	16 Kgs	23	368	15	240	31	496	22	352
Sub-total			<b>22,369</b>			<b>19,737</b>		<b>23,841</b>	<b>27,764</b>

### Sub-total (Food Basket)

### (B) COST OF ESSENTIAL NON-FOOD ITEMS

Charcoal (50 Kgs)	2 Bags	1,600	3,200	1,160	2,320	2,000	4,000	2,000	4,000
Protex	10 Tablets	96	960	121	1,210	107	1,070	134	1,340
Boom	8 Packets	70	560	89	712	83	664	103	824
Clere Body Lotion	2 x 400 Mls	108	216	129	258	113	226	141	282
Vaseline Blue Seal	2 x 100 Mls	124	248	138	276	110	220	135	270
Electricity (Meter)	Average/Month	2,270	2,270	2,250	2,250	2,750	2,750	1,513	1,513
Running Water (Meter)	Average/Month	1,720	1,720	2,150	2,150	2,275	2,275	1,425	1,425
Housing (3 Bed roomed)	Rent/Month	15000	15000	13000	13000	15000	15000	9,750	9,750
Sub-total			<b>24,174</b>			<b>22,176</b>		<b>26,205</b>	<b>19,404</b>

### Total for Basic Needs Basket

**46,543                      41,913                      50,046                      47,168**

Totals for Lilongwe from previous months	April 09	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	Mar 10	April 10
Amount	45,987	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589	45,308

### (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu
Education (per year)				
Secondary (fees)	7,645	7,525	6,500	7,600
Primary (GPF)	500	950	770	1,200
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400
Other (pens, books, etc.)	2,910	3,900	2,600	2,700

Fuel (cost at the pump)  
 Diesel (per litre) 256.20  
 Petrol (per litre) 231.20  
 Paraffin (per litre) 135.40  
 Minibus fare to town and back LL: MK200 – MK220;  
 BT: 120.00; ZA: MK120 – MK160;  
 MZ: MK140 – MK180

### (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher (K)	Nurse (I)	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	K15,422 - K17,203	K37,275- K32,893	K7,000- K10,000	K3,000- K8,000	K5,000- K10,000	K3,000 K5,000

*The Social Conditions Research Program of the **Centre for Social Concern** conducted these surveys from 27<sup>th</sup> to 28<sup>th</sup> May 2010 in the cities of Blantyre, Zomba, Lilongwe and Mzuzu. In all the cities cost of living has gone down.*

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# CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

APRIL 2010

## (I) COST OF BASIC FOOD ITEMS FOR A FAMILY OF SIX IN LILONGWE, ZOMBA, BLANTYRE & MZUZU

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
Maize (50 Kg Bag)	2 Bags	1,563	3,126	1,557	3,114	2,500	5,000	1,960	3,920
Milling (Including Grinding)	14 Tins	96	1,344	76	1,064	40	560	100	1,400
Beans (0.8kg/day) 8 Days	6.4 Kg	178	1,139	222	1,421	207	1,325	272	1,741
Usipa (250g/day) 4 days	1 Kg	961	961	850	850	1,050	1,050	700	700
Dry Utaka (200g/day) 4 days	0.8 Kg	1,156	925	386	309	1,379	1,103	1,700	1,360
Kapenta (200g/day) 4 days	0.8 Kgs	800	640	333	266	1,200	960	600	480
Beef (1 kg/day) 4 days	4 Kgs	493	1,972	500	2,000	436	1,744	500	2,000
Eggs (12/day) 4 days	48	22	1,056	28	1,344	25	1,200	26	1,248
Rape (750g/day) for 30 days	22.5 Kgs	56	1,260	86	1,935	92	2,070	125	2,813
Tomato (0.5 kg/day) 30 days	15 Kgs	106	1,590	131	1,965	152	2,280	152	2,280
Onion (116g/day) 30 days	3.5 Kgs	264	924	286	1,001	258	903	178	623
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	84	1,260	67	1,005	98	1,470	120	1,800
Kazinga Cooking Oil	3x 1 Liters	409	1,227	479	1,437	463	1,389	328	984
Bread (5 bkfts/week) 20 days	20 Loaves	91	1,820	123	2,460	103	2,060	120	2,400
Sugar (2 kgs/week)	8 Kgs	128	1,024	142	1,136	143	1,144	145	1,160
Kitchen Salt	1 Kg	74	74	93	93	83	83	122	122
Tea (Chisangalalo)	40 x 25g	9	360	15	600	13	520	15	600
Cassava (2kgsx2bkfst/wk)	16 Kgs	29	464	37	592	43	688	22	352
Sub-total			21,176		22,592		25,549		25,983
<b>Sub-total (Food Basket)</b>									
<b>(B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	1,600	3,200	1,200	2,400	2,057	4,114	2,000	4,000
Protex	10 Tablets	93	930	121	1,210	110	1,100	129	1,290
Boom	8 Packets	69	552	86	688	85	680	100	800
Clere Body Lotion	2 x 400 Mls	108	216	121	242	114	228	138	276
Vaseline Blue Seal	2 x 100 Mls	122	244	126	252	75	150	130	260
Electricity (Meter)	Average/Month	2,270	2,270	2,250	2,250	2,750	2,750	1,500	1,500
Running Water (Meter)	Average/Month	1,720	1,720	2,150	2,150	2,275	2,275	1,600	1,600
Housing (3 Bed roomed)	Rent/Month	15,000	15,000	13,000	13,000	15,000	15,000	8,500	8,500
8500									
<b>Sub-total</b>			24,132		22,192		26,297		18,226
<b>Total for Basic Needs Basket</b>			45,308		44,784		51,846		44,209

Totals for Lilongwe from previous months	Mar 09	April 09	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10	Feb. 10	Mar 10
Amount	50,159	45,987	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445	52,293	55,612	55,589

## (C) SOME OTHER ADDITIONAL COSTS

	Lilongwe	Zomba	Blantyre	Mzuzu
Education (per year)				
Secondary (fees)	7,645	7,525	6,500	7,600
Primary (GPF)	500	950	770	1,200
Uniform/shoes (Primary)	2,020	2,920	3,200	2,100
Uniform/shoes (Secondary)	3,050	5,100	4,000	4,400
Other (pens, books, etc.)	2,910	3,900	2,600	2,700

Fuel (cost at the pump)	
Diesel (per litre)	256.20
Petrol (per litre)	231.20
Paraffin (per litre)	135.40
Minibus fare to town and back	LL: MK200 – MK220; BT: 120.00; ZA: MK120 – MK160; MZ: MK140 – MK180

## (D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)

	Teacher (K)	Nurse (I)	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	K15,422 - K17,203	K37,275- K32,893	K7,000- K10,000	K3,000- K8,000	K5,000- K10,000	K3,000 - K5,000

The Social Conditions Research Program of the Centre for Social Concern conducted these surveys in April 2010 in the cities of Blantyre, Zomba, Lilongwe and Mzuzu. In all the cities cost of living has gone down.

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**(C) SOME OTHER ADDITIONAL COSTS**

	Lilongwe	Zomba	Blantyre	Mzuzu
Education (per year)				
Secondary (fees)	7,645	7,525	6,500	7,600
Primary (GPF)	500	950	770	1,200
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*The Social Conditions Research Program of the **Centre for Social Concern** conducted these surveys from 19<sup>th</sup> to 25<sup>th</sup> March 2010 in the cities of Blantyre, Zomba, Lilongwe and Mzuzu. In all the cities cost of living has gone down, except for Zomba where it has remained almost stable..*

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CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

FEBRUARY 2010

**COST OF BASIC FOOD ITEMS FOR A FAMILY OF SIX IN LILONGWE, ZOMBA, BLANTYRE & MZUZU**

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
<b>Total</b>									
Maize (50 Kg Bag)	2 Bags	2214	4428	2460	4920	2583	5166	2570	
5140									
Milling (Including Grinding)	14 Tins	106	1484	70	980	40	560	100	
1400									
Beans (0.8kg/day) 8 Days	6.4 Kg	211	1350	232	1485	236	1510	238	
1523									
Usipa (250g/day) 4 days	1 Kg	956	956	714	714	1329	1329	1100	
1100									
Dry Utaka (200g/day) 4 days	0.8 Kg	1225	980	914	731	1587	1270	1660	
1328									
Kapenta (200g/day) 4 days	0.8 Kgs	1120	896	1000	800	1517	1214	1200	
960									
Beef (1 kg/day) 4 days	4 Kgs	550	2200	500	2000	529	2116	500	
2000									
Eggs (12/day) 4 days	48	25	1200	28	1344	25	1200	25	
1200									
Rape (750g/day) for 30 days	22.5 Kgs	108	2430	104	2340	147	3308	148	
3330									
Tomato (0.5 kg/day) 30 days	15 Kgs	248	3720	213	3195	255	3825	233	
3495									
Onion (116g/day) 30 days	3.5 Kgs	248	3720	450	1575	637	2230	242	
847									
Fresh Milk (250mls/day) 30 days	15x500 ml pkt	95	1425	100	1500	98	1470	117	
1755									
Kazinga Cooking Oil	3x 1 Liters	464	1392	479	1437	482	1446	488	
1464									
Bread (5 bkfts/week) 20 days	20 Loaves	117	2340	124	2480	121	2420	120	
2400									
Sugar (2 kgs/week)	8 Kgs	142	1136	144	1152	144	1152	140	
1120									
Kitchen Salt	1 Kg	81	81	107	107	90	90	121	
121									
Tea (Chisangalalo)	40 x 25g	13	520	19	760	22	880	15	
600									
Cassava (2kgsx2bkfst/wk)	16 Kgs	75	1200	42	672	60	960	42	
672									
<b>Sub-total (Food Basket)</b>			<b>MK29, 464</b>		<b>MK28, 192</b>		<b>MK32, 145</b>		<b>MK30,</b>
<b>455 (B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs)	2 Bags	2000	4000	1500	3000	2000	4000	2000	
4000									
Protex	10 Tablets	101	1010	121	1210	109	1090	129	1290
Boom	8 Packets	77	616	91	728	93	744	100	800
Clere Body Lotion	2 x 400 Mls	120	240	124	248	111	222	138	276
Vaseline Blue Seal	2 x 100 Mls	141	282	128	256	146	292	130	260
Electricity (Meter)	Average/Month	2900	2900	2200	2200	2700	2700	1500	
1500									
Running Water (Meter)	Average/Month	2100	2100	2500	2500	2300	2300	1600	
1600									
Housing (3 Bed roomed)	Rent/Month	15000	15000	13000	13000	15000	15000	8500	8500
<b>Sub-total</b>			<b>MK26, 148</b>		<b>MK23, 142</b>		<b>MK26, 348</b>		<b>MK18, 226</b>
<b>Total for Basic Needs Basket</b>			<b>MK55, 612</b>		<b>MK51, 334</b>		<b>MK58, 493</b>		<b>MK48, 681</b>

Totals for Lilongwe from previous months	Feb. 09	Mar 09	April 09	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09	Jan. 10
Amount	51, 812	50, 159	45, 987	49, 052	47, 237	48, 009	47, 172	47, 730	46, 353	49, 805	51, 445	52, 293

**(C) SOME OTHER ADDITIONAL COSTS**

	Lilongwe	Zomba	Blantyre	Mzuzu		
Education (per year)					Fuel (cost at the pump)	
Secondary (fees)	7, 645	7, 525	6,500	7, 600	Diesel (per litre)	256.20
Primary (GPF)	500	950	770	1 200	Petrol (per litre)	231.20

Other (pens, books, etc.) 2, 910 3, 900 2,600 2, 700

BT: 120.00; ZA: MK120 – MK160;

MZ: MK140 – MK180

**(D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)**

	Teacher (K)	Nurse (I)	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
<b>Monthly Wage.</b>	K15, 422 - K17, 203	K37, 275- K32, 893	K7, 000- K10, 000	K3, 000- K8, 000	K5, 000- K10, 000	K3, 000 K5, 000

*The Social Conditions Research Program of the Centre for Social Concern conducted these surveys from 19<sup>th</sup> to 25<sup>th</sup> February 2010 in the cities of Blantyre, Zomba, Lilongwe and Mzuzu. In all the cities cost of living has increased.*

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CFSC BASIC NEEDS BASKET: LILONGWE, BLANTYRE, ZOMBA & MZUZU

JANUARY 2010

**COST OF BASIC FOOD ITEMS FOR A FAMILY OF SIX IN LILONGWE, ZOMBA, BLANTYRE & MZUZU**

Commodity	Quantity	Lilongwe		Zomba		Blantyre		Mzuzu	
		Kwacha	Total	Kwacha	Total	Kwacha	Total	Kwacha	Total
<b>Total</b>									
Maize (50 Kg Bag) 4960	2 Bags	2286	4572	2275	4550	2500	5000	2480	
Milling (Including Grinding) 1400	14 Tins	59	826	68	952	40	560	100	
Beans (0.8kg/day) 8 Days 1472	6.4 Kg	199	1274	229	1466	230	1472	230	
Usipa (250g/day) 4 days 1120	1 Kg	1094	1094	914	914	1586	1586	1120	
Dry Utaka (200g/day) 4 days 1320	0.8 Kg	1161	929	993	794	1507	1206	1650	
Kapenta (200g/day) 4 days 974	0.8 Kgs	983	786	1000	800	1667	1334	1217	
Beef (1 kg/day) 4 days 2000	4 Kgs	543	2172	500	2000	511	2044	500	
Eggs (12/day) 4 days 1200	48	25	1200	27	1296	25	1200	25	
Rape (750g/day) for 30 days 3443	22.5 Kgs	78	1755	88	1980	124	2790	153	
Tomato (0.5 kg/day) 30 days 2850	15 Kgs	187	2805	159	2385	164	2460	190	
Onion (116g/day) 30 days 784	3.5 Kgs	336	1176	290	1015	311	1089	224	
Fresh Milk (250mls/day) 30 days 1755	15x500 ml pkt	95	1425	100	1500	95	1425	117	
Kazinga Cooking Oil 1458	3x 1 Liters	455	1365	541	1623	472	1416	486	
Bread (5 bkfts/week) 20 days 2400	20 Loaves	117	2340	129	2580	124	2480	120	
Sugar (2 kgs/week) 1184	8 Kgs	138	1104	141	1128	145	1160	148	
Kitchen Salt	1 Kg	84	84	107	107	89	89	124	124
Tea (Chisangalalo)	40 x 25g	13	520	18	720	15	600	15	
600 Cassava (2kgsx2bkfsts/wk) 688	16 Kgs	54	864	36	576	48	768	43	
<b>Sub-total (Food Basket)</b>			<b>MK26, 291</b>		<b>MK26, 386</b>		<b>MK28, 678</b>		<b>MK29,</b>
<b>731 (B) COST OF ESSENTIAL NON-FOOD ITEMS</b>									
Charcoal (50 Kgs) 4000	2 Bags	1943	3886	1443	2886	2000	4000	2000	
Protex	10 Tablets	100	1000	119	1190	111	1110	127	1270
Boom	8 Packets	75	600	87	696	86	688	100	800
Clere Body Lotion	2 x 400 Mls	116	232	122	244	114	228	138	276
Vaseline Blue Seal	2 x 100 Mls	142	284	129	258	129	258	138	276
Electricity (Meter)	Average/Month	2900	2900	2200	2200	2700	2700	1500	
1500 Running Water (Meter) 1600	Average/Month	2100	2100	2500	2500	2300	2300	1600	
Housing (3 Bed roomed) 8500	Rent/Month	15000	15000	13000	13000	15000	15000	8500	
<b>Sub-total</b>			<b>MK26, 002</b>		<b>MK22, 974</b>		<b>MK26, 284</b>		<b>MK18, 222</b>
<b>Total for Basic Needs Basket</b>			<b>MK52, 293</b>		<b>MK49, 360</b>		<b>MK54, 962</b>		<b>MK47, 953</b>

Totals for Lilongwe from previous months	Jan. 09	Feb. 09	Mar 09	April 09	May 09	June 09	Jul.09	Aug. 09	Sep. 09	Oct. 09	Nov. 09	Dec. 09
Amount	49,982	51,812	50,159	45,987	49,052	47,237	48,009	47,172	47,730	46,353	49,805	51,445

**(C) SOME OTHER ADDITIONAL COSTS**

	Lilongwe	Zomba	Blantyre	Mzuzu	
Education (per year)					Fuel (cost at the pump)
Secondary (fees)	7,645	7,525	6,500	7,600	Diesel (per litre)
Primary (GPF)	500	950	770	1,200	Petrol (per litre)
					199.30
					213.50

Other (pens, books, etc.) 2, 910 3, 900 2,600 2, 700

BT: 140.00; ZA: MK120 – MK160;

MZ: MK100 – MK160

**(D) SOME COMPARATIVE FIGURES OF WAGES-- (NET PAY)**

	Teacher (K)	Nurse (I)	Petrol/Diesel Attendant	Waiter in Local Restaurants	Shop Attendant	Security Guard in Private Firm
Monthly Wage.	K15, 422 - K17, 203	K37, 275- K32, 893	K7, 000- K10, 000	K3, 000- K8, 000	K5, 000- K10, 000	K3, 000 K5, 000

*The Social Conditions Research Program of the Centre for Social Concern conducted these surveys from 24<sup>th</sup> to 28<sup>th</sup> January 2010 in the cities of Blantyre, Zomba, Lilongwe and Mzuzu. In all the cities cost of living has increased.*

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