

# Cost and Affordability of a Healthy Diet: monitoring food access in Malawi

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National Statistical Office

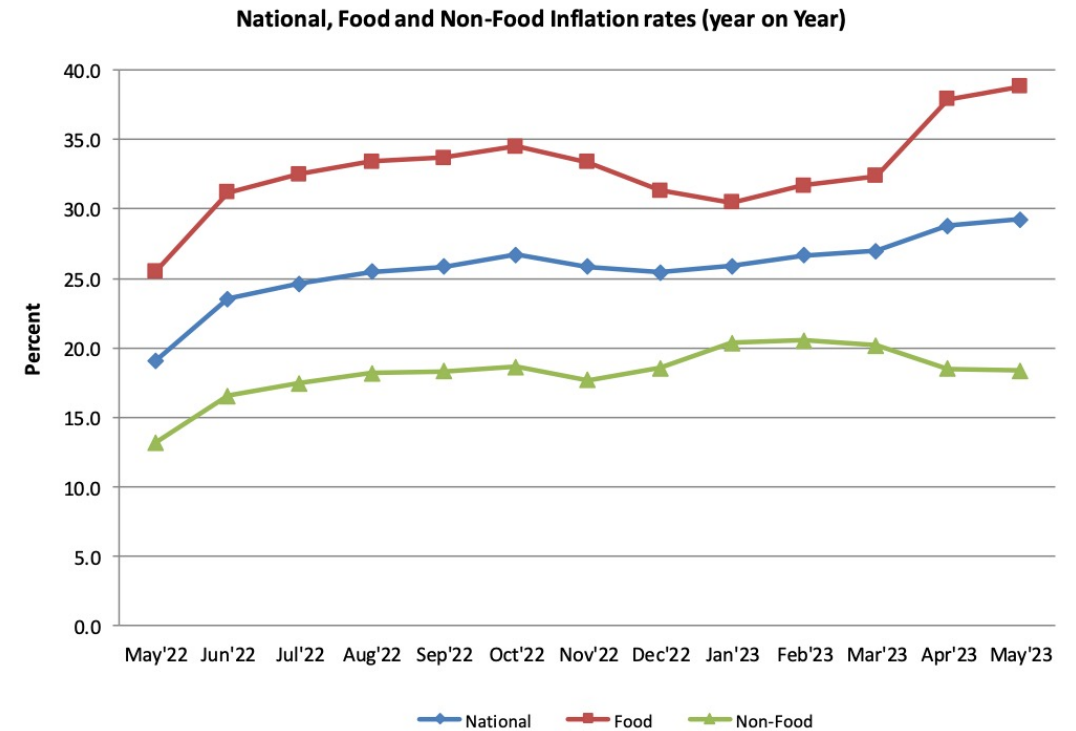


**National Statistical Office**

Food Prices for  
Nutrition 

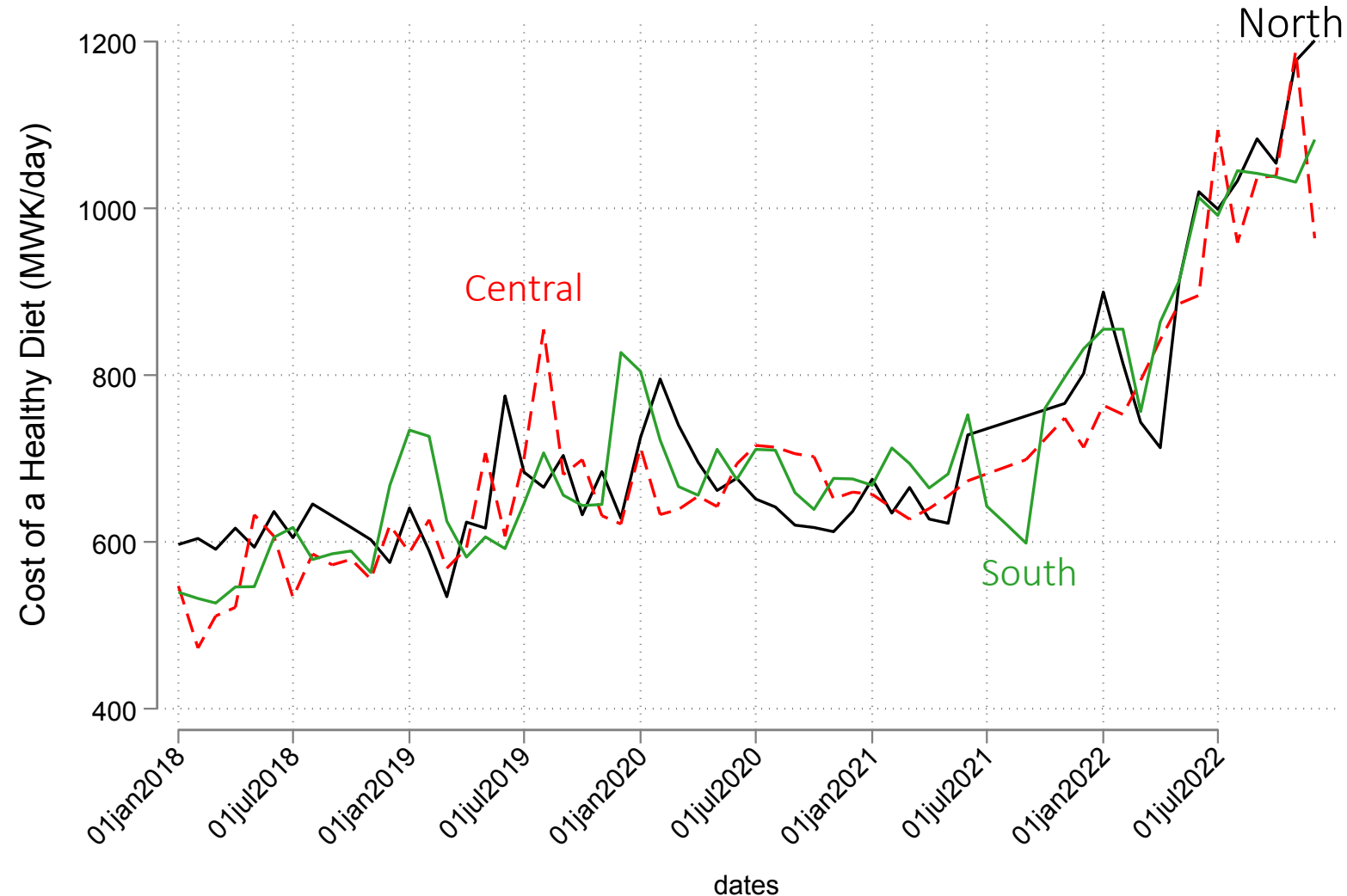
# Food price data

- Retail food prices collected by NSO for measuring inflation with the Consumer Price Index CPI
- High-frequency data collected in 34 markets across the country
- Culturally acceptable, commonly consumed food items included



Source: National Statistical Office May 2023. *Stats Flash Consumer Price Indices*. Zomba, Malawi.

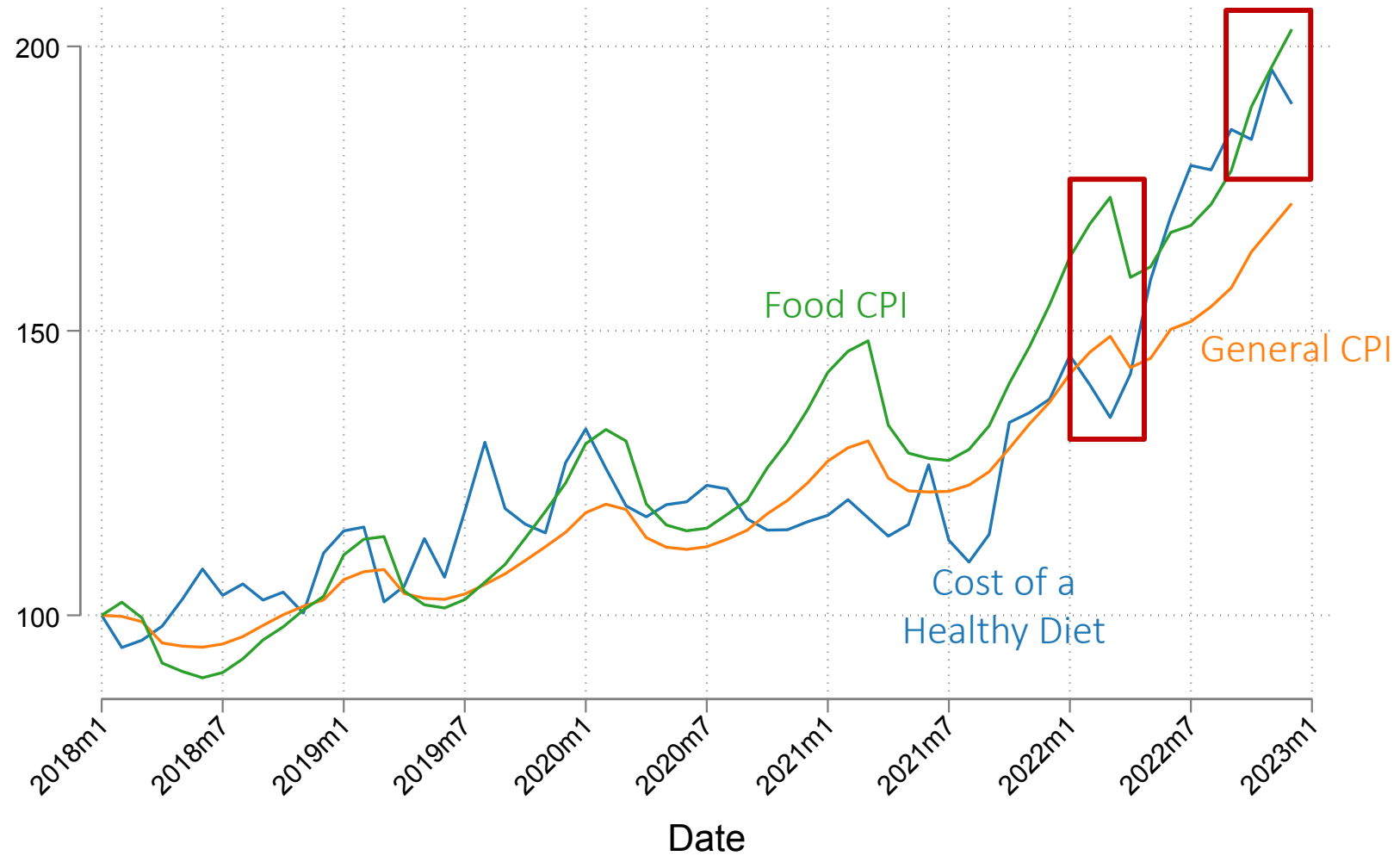
# CoHD using NSO retail food prices, by region



- CoHD increased sharply in all regions beginning around July 2021
- National average CoHD ~ 960 MWK in 2022
- Latest data from Dec 2022; real-time monitoring needed

# Food prices and CoHD increased more than all goods

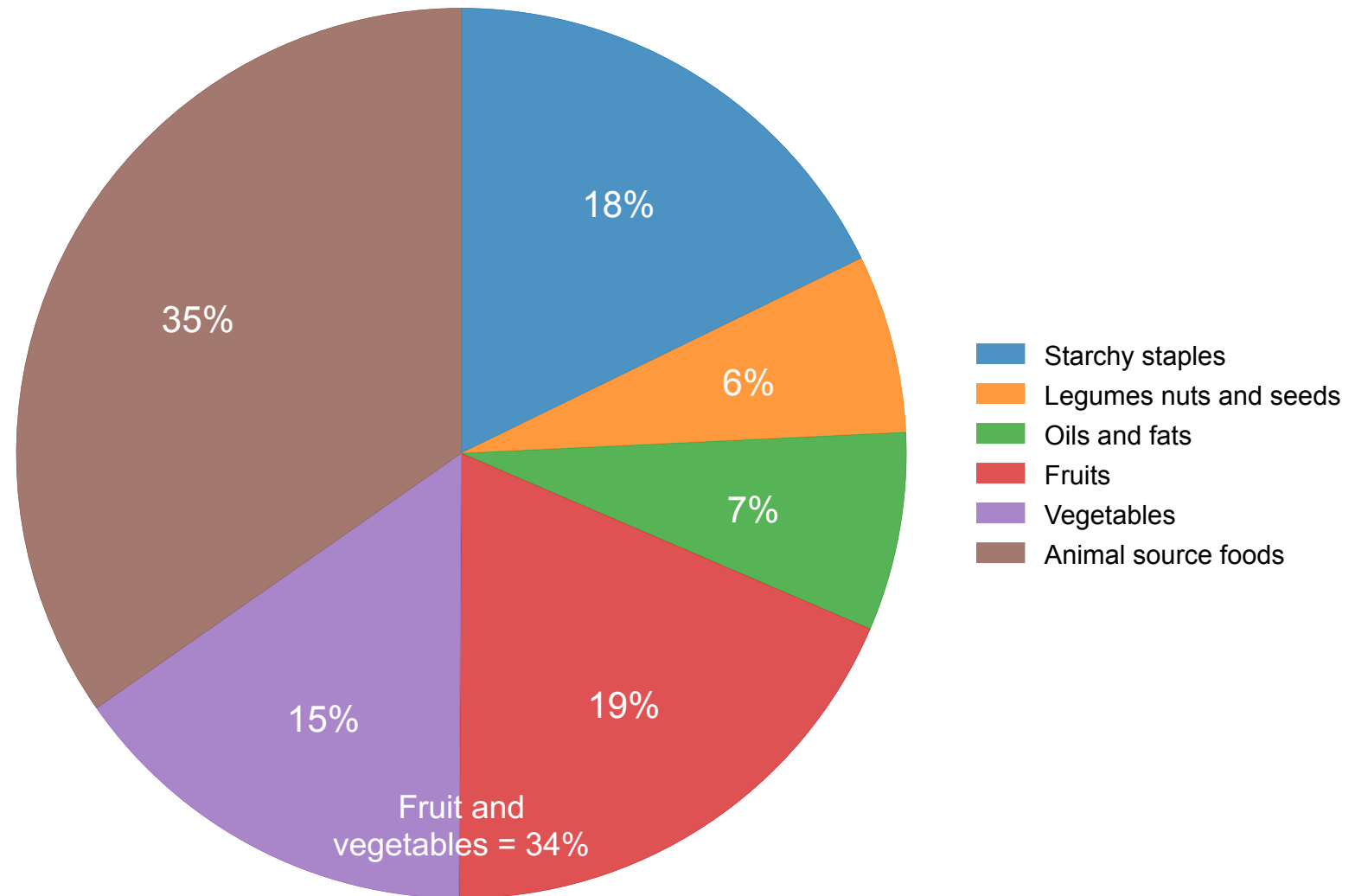
- Indexed values to compare change since 2018
- Food CPI contains a larger number of items and accounts for preferences with expenditure weights



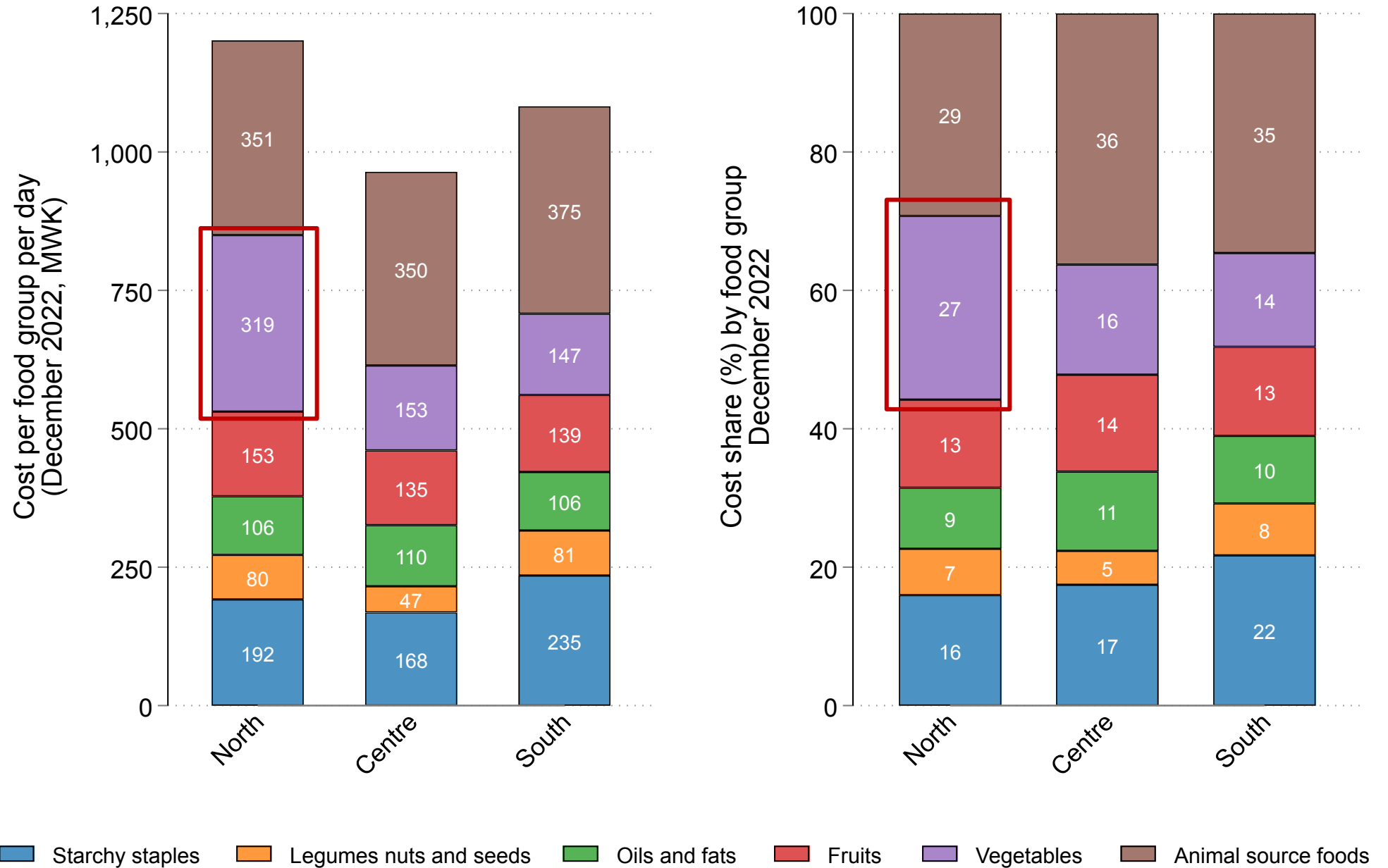
\* All values rescaled (1/2018 = 100)

# National average cost share by food group

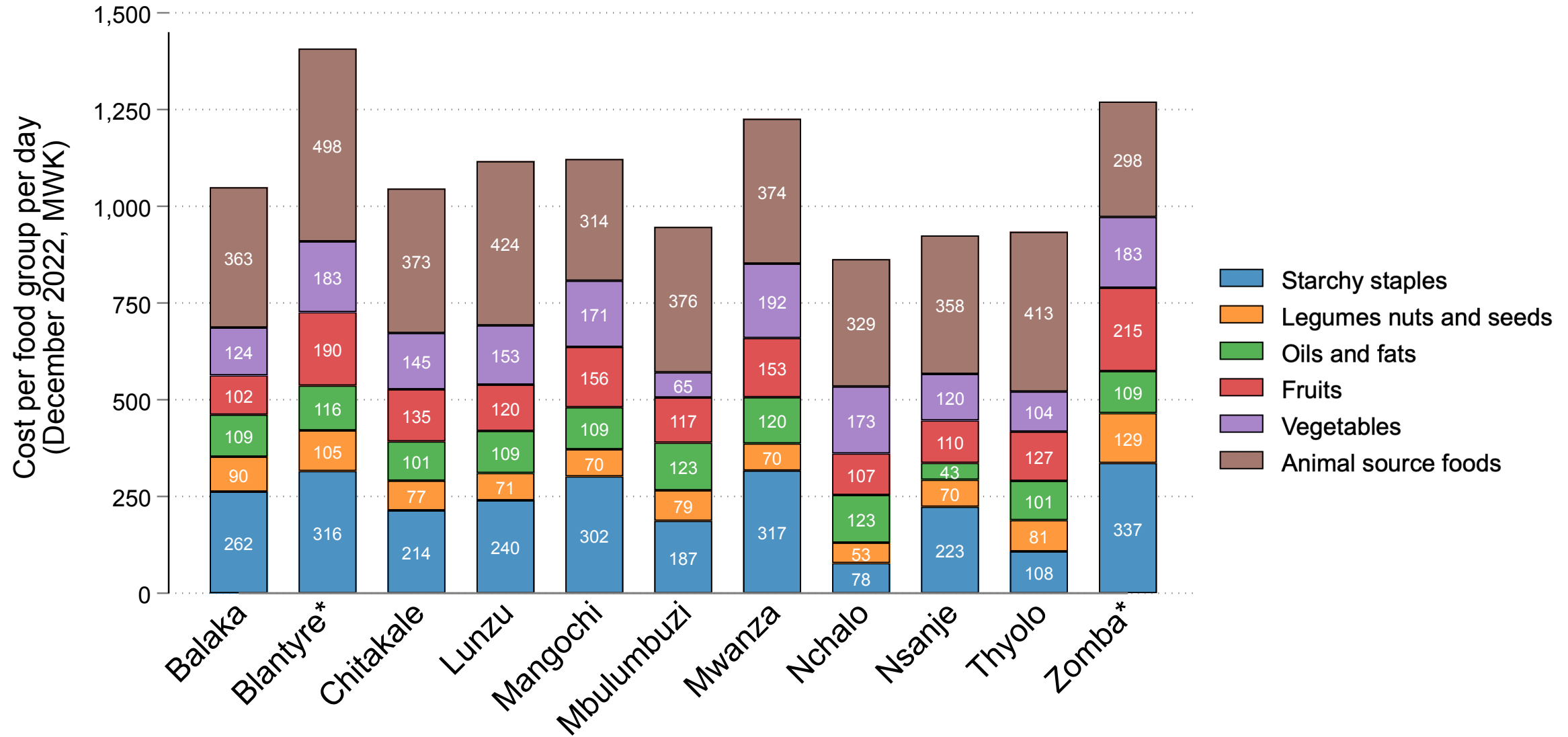
- Animal-source foods account for 35% of the total cost
- Fruits and vegetables account for another 34%
- Fruits and starchy staples are food groups are similar in terms of cost share
  - Fruits due to cost per calorie
  - Starchy staples due to calories contributed



Meeting vegetable requirement is more costly in North



# Market results reveal more variation



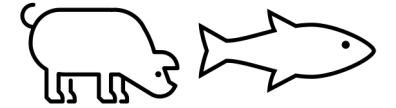
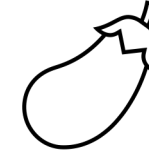
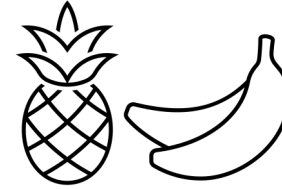
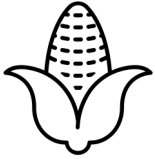
\* High and medium SES markets.

# Least-cost diets in different markets, December 2022

Food group	Balaka		Chilumba		Kasungu	
	Least-cost item(s)	CoHD (MWK/day)	Least-cost item(s)	CoHD (MWK/day)	Least-cost item(s)	CoHD (MWK/day)
Animal source foods	Milk, Ching'ombe	193	Pork	170	Milk, Ching'ombe	201
Animal source foods	Pork	170	Powdered milk	162	Pork	170
Fruits	Avocado	38	Banana	127	Banana	71
Fruits	Mango	64			Guava	70
Legumes nuts and seeds	Cowpea (khobwe)	90	Soyabeans	99	Groundnut, flour	10
Oils and fats	Cooking oil, refill	109	Cooking oil, refill	109	Cooking oil, refill	112
Starchy staples	Finger millet (mawere)	215	Finger millet (mawere)	172	Maize, grain	32
Starchy staples	Maize, grain	48	Maize, grain	48	Potato, sweet	143
Vegetables	Cabbage	37	Cabbage	73	Cabbage	35
Vegetables	Nkhwani	43	Nkhwani	60	Onion	39
Vegetables	Tanaposi (rape)	44	Onion	55	Tanaposi (rape)	53
<b>Total</b>		<b>1049</b>		<b>1073</b>		<b>937</b>



# Common least-cost items in each food group



## Starchy staples

- Maize grain
- Rice
- Sweet potato

## Legumes nut and seeds

- Groundnuts flour or shelled
- Soyabeans
- Pigeon pea

## Oils and fats

- Cooking oil
- Margarine

## Fruits

- Banana
- Avocado
- Mango

## Vegetables

- Tanaposi (rape)
- Cabbage
- Nkhwani

## Animal source foods

- Pork
- Liquid milk
- Usipa