












**ANNEX A: National Livelihood Zoning Example: Malawi (cont. from Chapter 2)****Individual Zone Descriptions**

<b>Central Karonga</b>		
Food Crops	Maize Cassava S.Potato	 <p>A relatively productive maize and cassava zone that attracts migrant labour from other parts of the country in most years. Less dependent on maize than other northern zones. Livestock holdings, especially of cattle, are high by national standards. Cash incomes are low, however, since tobacco is not grown and the zone is remote from the country's larger urban markets.</p>
Income Sources	Food crops Livestock Other	
Livestock	Cattle, Pigs	
<b>Western Rumph/Mzimba</b>		
Food Crops	Maize	 <p>Cropping patterns are relatively undiversified, with a heavy reliance on just two crops; maize and tobacco. The zone produces just about enough to feed itself in an average year, so that crops sold out of the zone post-harvest have to be replaced by imports later in the year. Incomes tend to be higher than in non-tobacco-growing zones, but there is little to fall back on should the tobacco crop fail. There are above average opportunities for collecting wild foods, given the proximity of the Nyika National Park and Vwaza Game Reserve. The zone also benefits from its proximity to the neighbouring Nkhatabay Cassava zone, a potential source of employment in bad years.</p>
Income Sources	Tobacco	
Livestock	Pigs	
<b>Mzimba Self-Sufficient</b>		
Food Crops	Maize Cassava	 <p>This is a relatively diversified zone, with food and income generated from a variety of sources. Good yields are obtained for a range of crops, of which maize and cassava are the most important. There are three main sources of income for the zone; sale of food crops, sale of livestock and sale of tobacco. Cattle holdings are significant. Tobacco is grown by most households, although in smaller quantities than elsewhere, with the result that the zone is less dependent upon this one crop than other tobacco growing areas.</p>
Income Sources	Tobacco Food crops Livestock	
Livestock	Cattle Goats	
<b>Nkhata Bay Cassava Zone</b>		
Food Crops	Cassava Maize	 <p>With high rainfall but poor soils, cassava is the dominant crop in this zone. The zone can be characterised as 'food-rich' but 'cash-poor', since there are few sources of income available besides the sale of crops, and there is only a limited market for the bitter variety of cassava grown in the zone. Maize, rice and bananas are grown in addition to cassava, and the sale of these also contributes significantly to local incomes. Given its drought resistance, cassava plays a key role in ensuring zonal food security, with the zone attracting migrant labour from other zones when these are affected by food shortages.</p>
Income Sources	Food crops Other	
Livestock	Cattle (few)	
<b>Kasungu Lilongwe Plain</b>		
Food Crops	Maize	 <p>This is a relatively productive but undiversified maize and tobacco zone. In an average year the zone produces a surplus of food and maize, groundnuts, sweet potatoes and soya beans are sold out of the zone, mainly to Lilongwe. Tobacco is the single most important cash-crop, providing the majority of income for most households and explaining why incomes in the zone are relatively high compared to elsewhere in the country.</p>
Income Sources	Tobacco	
Livestock	Cattle Goats	
<b>Southern Lakeshore</b>		
Food Crops	Maize Rice	 <p>This is the principal fishing area of Malawi, with the shallow waters to the south of the lake favouring the participation of many small scale fishermen. Fishing dominates the economy, generating income through fish sales, ganyu and trading in fish.</p>
Income Sources	Fishing Fishing ganyu	

	Fish trading	Crop production is also important but is insufficient to cover local food requirements in most years, a situation that is made worse by the post-harvest sale of crops by many households.
Livestock	Goats	
<b>Shire Highlands</b>		
Food Crops	Maize Cassava	 <p>Landholdings are small in this most densely populated zone in the country. The zone produces roughly enough to feed itself in most years. However, income generating opportunities are limited and many households sell quite a high proportion of their production post-harvest to obtain cash, becoming heavily dependent on the market later in the year. Crop production is relatively undiversified, with quite heavy dependence upon maize supplemented to a limited extent by cassava.</p>
Income	Food crops Other	
Livestock	Goats	
<b>Middle Shire Valley</b>		
Food Crops	Maize Pulses Rice	 <p>This is a relatively dry mid-lowland area with winter cropping and fishing along the Shire River. It is similar to a number of other southern zones in that total production at zonal level is enough to achieve rough self-sufficiency in staple food. Quite a high proportion of production is sold post-harvest by most households however, and this has to be replaced by purchases later in the year. A range of crops are grown, including cotton, but low prices limit the income from this important cash crop.</p>
Income	Food crops Other Cotton	
Livestock	Cattle (few) Goats	
<b>Palombe Plain/Lake Chilwa</b>		
Food Crops	Maize Pulses Rice	 <p>Like the neighbouring Shire Highlands zone, this quite densely populated zone produces roughly enough to feed itself in most years. Income generating opportunities are equally limited, so that food crops are again sold post-harvest to obtain cash, and have to be replaced by purchases later in the year. Crop production is more diversified than in the Shire Highlands, with maize, rice and pulses the main staple food crops grown.</p>
Income Sources	Other Food crops	
Livestock	Goats Pigs	
<b>Thyolo Mulanje Tea Estates</b>		
Food Crops	Maize Bananas	 <p>This zone is dominated by large tea estates, which generate both formal employment and casual labour for a majority of households in the zone. Landholdings are very small and the zone is a food deficit area with a high dependence upon food purchase. The zone benefits from good access to neighbouring Mozambique, a source of relatively cheap maize in both good and bad years.</p>
Income Sources	Estate work Banana sales Fruit and veg.	
Livestock	Insignificant	
<b>Lower Shire Valley</b>		
Food Crops	Maize Rice Sorghum Millet	 <p>This hot dry lowland zone is nonetheless relatively productive by the standards of southern Malawi. A variety of crops are grown during both the main and winter seasons, with winter crops cultivated in wetlands beside the Shire river. Cotton is the zone's major cash crop. Cattle holdings are significant in the zone. The zone benefits from good access to neighbouring Mozambique, a source of relatively cheap maize in both good and bad years.</p>
Income	Food crops Cotton Livestock	
Livestock	Cattle Goats	

**Malawi: Table listing administrative level 4 units (EPAs) by livelihood zone**

<b>District</b>	<b>Livelihood Zone</b>	<b>EPAs (<i>EPAs that are split between LZs are shown in italics</i>)</b>
Balaka	Middle Shire Valley	<i>Mpilisi, Phalula, Ulongwe</i>
	Rift Valley Escarpment	Bazale, <i>Mpilisi, Phalula, Ulongwe</i>
Blantyre	Middle Shire Valley	Lirangwe
	Shire Highlands	Ntonda
Chikwawa	Lower Shire	Dolo, Kalambo, Livunzu, Mbewe, Mikalango, Mitole
Chiradzulu	Lake Chilwa/Phalombe Plain	<i>Thumbwe</i>
	Shire Highlands	<i>Thumbwe, Mombezi</i>
Chitipa	Chitipa Millet and Maize	Chisenga, Kavukuku, Lufita, Mwamkumbwa
	Misuku Hills	Misuku
Dedza	Kasungu Lilongwe Plain	Chafumba, Kabwazi, Kanyama, Kaphuka, Linthipe, Mayani, Bembeke, Lobi
	Rift Valley Escarpment	<i>Mtakataka</i>
	Southern Lakeshore	<i>Mtakataka</i>
Dowa	Kasungu Lilongwe Plain	Bowe, Chisepo, Chivala, Madisi, Mndolera, Mponela, Mvera, Nachisaka
Karonga	Central Karonga	Karonga Central
	Nkhatabay Cassava	Karonga South
	Northern Karonga	Kaporo North, Kaporo South
Kasungu	Kasungu Lilongwe Plain	Chamama, Chulu, Kaluluma, Kasungu Chipala, Lisasadzi, Santhe
Likoma	Northern Lakeshore	Likoma Chizumulu
Lilongwe	Kasungu Lilongwe Plain	Chilaza, Demela, Kambanizithe, Ming'ongo, Mlomba, M'ngwangwa, Mpingu, Nakachoka, Nthondo, Sinyala, Ukwe, Mpenu, Chigonthi, Chitekwele, Chitsime, Chiwamba
	Lake Chilwa/Phalombe Plain	Chikweo, Nampeya, Nanyumbu, Nsanama
	Middle Shire Valley	<i>Mbonechera</i>
Mangochi	Shire Highlands	<i>Mbonechera, Nyambi</i>
	Phililongwe Hills	Chilipa, <i>Mbwadzulu</i> , Mtiramanja, <i>Namkumba, Nasenga</i>
	Shire Highlands	Katuli, <i>Lungwena, Maiwa</i> , Masuku, Ntiya
Mchinji	Southern Lakeshore	<i>Lungwena, Maiwa, Mbwadzulu</i> , Mpilipili, <i>Namkumba, Nasenga</i>
	Kasungu Lilongwe Plain	Chioshya, Kalulu, Mikundi, Mkanda, Mlonjeni, Msitu
	Mulanje	<i>Mulanje South, Mulanje West</i>
Mulanje	Lake Chilwa/Phalombe Plain	<i>Mulanje South</i>
	Thyolo Mulanje Tea Estates	<i>Mulanje South</i>
Mwanza	Middle Shire Valley	<i>Lisungwi, Mwanza</i>
	Rift Valley Escarpment	<i>Lisungwi, Mwanza, Neno</i>
Mzimba	Kasungu Lilongwe Plain	Emfeni
	Mzimba Self-Sufficient	Bulala, Champhira, Eswazini, Manyamula, Mbawa, Mjinge
	Nkhatabay Cassava	Khosolo
	Western Rumphu & Mzimba	Euthini
Nkhatabay	Nkhatabay Cassava	Chikwina, <i>Chintheche</i> , Chitheka, Mpamba, <i>Nkhatabay</i> , Chikwina
	Northern Lakeshore	<i>Chintheche, Nkhatabay</i>
Nkhotakota	Nkhatabay Cassava	<i>Nkhunga, Zidyana</i>
	Northern Lakeshore	<i>Nkhunga, Linga, Zidyana</i>
	Rift Valley Escarpment	<i>Linga, Mwansambo, Nkhunga, Zidyana</i>
Nsanje	Lower Shire	Magoti, Makhanga, Mpatsa, Nsanje, Nyachilenda
Ntcheu	Rift Valley Escarpment	Bilira, <i>Golomoti</i> , Kandeu, Manjawira, Nsipe, Sharpevale, Njolomole, Tsangano
	Southern Lakeshore	<i>Golomoti</i>
Ntchisi	Kasungu Lilongwe Plain	Chipuka, Kalira, Malomo, Ntchisi Boma
Phalombe	Lake Chilwa/Phalombe	Kasongo, Mpinda, Naminjiwa, Tamani, Kasongo, Naminjiwa,

	Plain	Nkhulambe, Tamani, Waruma
Rumphi	Mzimba Self Sufficient	Bwengu, Zombwe
	Nkhatabay Cassava	Mphompha, Ntchenachena, Mphompha, Ntchenachena, Muhuju
	Western Rumphi & Mzimba	Bolero, Mpherembe
Salima	Rift Valley Escarpment	Chinguluwe, <i>Chipoka, Khombedza, Tembwe</i>
	Southern Lakeshore	<i>Chipoka, Khombedza, Tembwe</i>
Thyolo	Shire Highlands	Matapwata
	Thyolo Mulanje Tea Estates	Masambanjati, Thyolo Boma
Zomba	Lake Chilwa/Phalombe Plain	Mpokwe, Msondole, <i>Ntubwi</i> , Mayaka Ngwerero
	Middle Shire Valley	<i>Ntubwi, Chingale</i>
	Shire Highlands	Dzaone, <i>Ntubwi, Chingale</i> , Malosa, Thondwe

### Malawi: Breakdown of 2003 population by district and livelihood zone

DISTRICT			DISTRICT		
Livelihood Zone	Population	% of total	Livelihood Zone	Population	% of total
<b>BALAKA</b>	<b>286,723</b>		<b>MULANJE</b>	<b>490,920</b>	
Middle Shire Valley	104,805	37%	Lake Chilwa/Phalombe Plain	346,187	71%
Rift Valley Escarpment	181,918	63%	Thyolo Mulanje Tea Estates	144,733	29%
<b>BLANTYRE</b>	<b>340,371</b>		<b>MWANZA</b>	<b>157,740</b>	
Middle Shire Valley	162,442	48%	Middle Shire Valley	39,365	25%
Shire Highlands	177,929	52%	Rift Valley Escarpment	118,375	75%
<b>CHIKWAWA</b>	<b>412,800</b>		<b>MZIMBA</b>	<b>562,541</b>	
Lower Shire	412,800	100%	Kasungu Lilongwe Plain	75,042	13%
<b>CHIRADZULU</b>	<b>266,011</b>		Mzimba Self Sufficient	402,086	71%
Lake Chilwa/Phalombe Plain	101,255	38%	Nkhatabay Cassava	21,134	4%
Shire Highlands	164,756	62%	Western Rumphi & Mzimba	64,278	11%
<b>CHITIPA</b>	<b>147,730</b>		<b>NKHATABAY</b>	<b>183,885</b>	
Chitipa Millet and Maize	112,620	76%	Nkhatabay Cassava	107,461	58%
Misuku Hills	35,110	24%	Northern Lakeshore	76,424	42%
<b>DEDZA</b>	<b>562,823</b>		<b>NKHOTAKOTA</b>	<b>266,909</b>	
Kasungu Lilongwe Plain	513,566	91%	Nkhatabay Cassava	35,221	13%
Rift Valley Escarpment	24,629	4%	Northern Lakeshore	97,201	36%
Southern Lakeshore	24,629	4%	Rift Valley Escarpment	134,487	50%
<b>DOWA</b>	<b>457,426</b>		<b>NSANJE</b>	<b>218,079</b>	
Kasungu Lilongwe Plain	457,426	100%	Lower Shire	218,079	100%
<b>KARONGA</b>	<b>223,507</b>		<b>NTCHEU</b>	<b>428,387</b>	
Central Karonga	43,254	19%	Rift Valley Escarpment	411,861	96%
Nkhatabay Cassava	71,699	32%	Southern Lakeshore	16,526	4%
Northern Karonga	108,554	49%	<b>NTCHISI</b>	<b>200,712</b>	
<b>KASUNGU</b>	<b>569,581</b>		Kasungu Lilongwe Plain	200,712	100%
Kasungu Lilongwe Plain	569,581	100%	<b>PHALOMBE</b>	<b>270,467</b>	
<b>LIKOMA</b>	<b>9,482</b>		Lake Chilwa/Phalombe Plain	270,467	100%
Northern Lakeshore	9,482	100%	<b>RUMPHI</b>	<b>142,738</b>	
<b>LILONGWE</b>	<b>1,051,430</b>		Mzimba Self Sufficient	52,790	37%
Kasungu Lilongwe Plain	1,051,430	100%	Nkhatabay Cassava	38,915	27%
<b>MACHINGA</b>	<b>409,298</b>		Western Rumphi & Mzimba	51,033	36%
Lake Chilwa/Phalombe Plain	260,029	64%	<b>SALIMA</b>	<b>298,099</b>	
Middle Shire Valley	46,312	11%	Rift Valley Escarpment	169,321	57%

Shire Highlands	102,956	25%	Southern Lakeshore	128,778	43%
<b>MANGOCHI</b>	<b>690,644</b>		<b>THYOLO</b>	<b>523,162</b>	
Phillongwe Hills	205,584	30%	Shire Highlands	18,565	4%
Shire Highlands	261,415	38%	Thyolo Mulanje Tea Estates	504,597	96%
Southern Lakeshore	223,645	32%	<b>ZOMBA</b>	<b>542,270</b>	
<b>MCHINJI</b>	<b>381,335</b>		Lake Chilwa/Phalombe Plain	177,445	33%
Kasungu Lilongwe Plain	381,335	100%	Middle Shire Valley	52,046	10%
			Shire Highlands	312,779	58%

Source: Malawi VAC and NSO