Costa Rica

Limón Region – Guácimo, Guápiles, Siquirres

Local Housing Standard for Family

- wall and floor constructed from durable material such as cement, stone or ceramics
- roof constructed with durable materials: corrugated iron sheets
- sufficient number of windows (min. 1 per room) for ventilation and adequate lighting
- electricity
- piped water in the house
- kitchen area separate from sleeping areas
- about 42m² (social housing standard)
- minimum of two bedrooms
- private toilet facility for family, a septic tank with a flush toilet in good condition
- safe outside environment

Model Diet

- edible grams per person per day
  - 215g white rice
  - 35g maize flour (1 medium sized tortilla)
  - 32g white bread (1 small roll)
  - 18g pasta/spaghetti (2 meals per week)
  - 32g potato
  - 16g casava (yuca)
  - 25g plantain (half a medium sized plantain (of 350g) per person per week)
  - 63g black/red beans (2 and ¼ servings)
  - 193g milk (1.5 cups per child, 50 ml per adult)
  - 14g cheese, white
  - 53g eggs (1 egg per person)
  - 49g chicken thighs (4 portions per week)

Mandatory Deductions from Pay
CRC 39,926
US$ 77

Provision for Unexpected Events
CRC 27,861
US$ 50

Food
CRC 193,385
US$ 345

Non-Food, Non-Housing
CRC 257,839
US$ 460

Monthly Living Wage
CRC 414,981
US$ 741

CRC per worker with a family of 1.60 full-time workers

CRC 106,000
US$ 189

CRC 183,127
US$ 345

US$ 741
Monthly

Limón Region – Synopsis of Living Wage Study Conducted By: Dr. Koen Voorend
Living Wage Estimated using the Anker Methodology, February-May 2017

May 2019 Update

Monthly Living Wage
CRC 433,282
US$ 772

All data in this infographic are from 2017, see Update Report for most recent data:

Global Living Wage Series
Costa Rica

Photo Courtesy of Rainforest Alliance
Key Values and Assumptions

- 48 Hour Work Week
- 26 Work Days Per Month
- Exchange Rate US $1 = 560 CRC
- Family Size of 4
- 2 Adults, 2 Children
- 1.56 Workers Per Family

Total Monthly Living Wage = ((Food + Housing + Non-Food, Non-Housing + Provision for Unexpected Events) ÷ Number of full-time Workers in Family) + Mandatory Deductions from Pay

Monthly Living Wage for Costa Rica, Limón Region, in CRC

- World Bank $3.10 Poverty Line Wage
- National Poverty Line Wage Rural
- Minimum Wage Agricultural Worker (Peon) 26 Days
- INECENAHO (2016) Low-Skilled, Salaried, Banana, Pineapple, Plantain
- Gross Living Wage (2017)

Living Wage

- 386,130 Monthly Salary Necessary to Achieve a Living Wage
- 28,851
- 39,926
- 212,692
- 307,261
- 276,655
- 21,280
- 255,375
- 23,635
- 283,626
- 346,204
- 89,849

13 Month Payment
Mandatory Deductions
Poverty Line Wages
National Survey Wage References
Minimum Wage
Net Living Wage
Comparative Prevailing Wages
Global Living Wage Series
Anker Methodology

Cost of Food → Cost of Basic but Decent Life for Reference Size Family → Cost of Other Essential Needs

Cost of Housing → Net Living Wage

Number of Workers Per Family → Payroll Deductions and Taxes + Net Living Wage

Global Living Wage Coalition Members:
In Partnership with the ISEAL Alliance and Richard Anker and Martha Anker

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