

# Global Living Wage Series

## Costa Rica

### Limón Region



Photo Courtesy of Rainforest Alliance

May 2019 Update

#### Monthly Living Wage

₡433,282

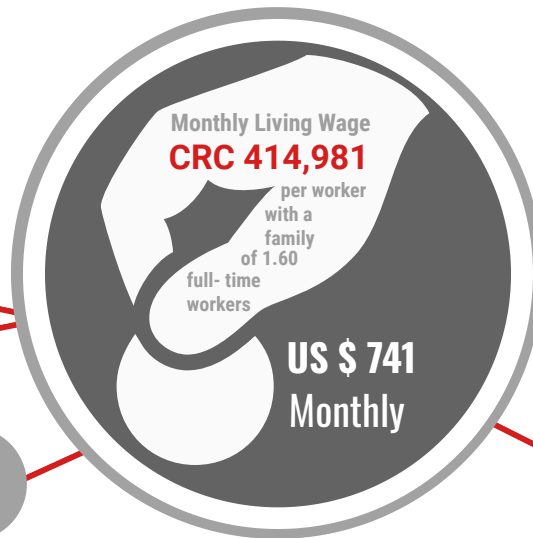
All data in this infographic are from 2017, see Update Report for most recent data: [www.globallivingwage.org/living-wage-benchmarks/rural-costa-rica-limon-and-heredia-provinces/](http://www.globallivingwage.org/living-wage-benchmarks/rural-costa-rica-limon-and-heredia-provinces/)

#### Limón Region – Guácimo, Guápiles, Siquirres

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



Provision for  
Unexpected  
Events  
CRC 27,861  
US\$ 50



Mandatory  
Deductions  
from Pay  
CRC 39,926  
US\$ 77



#### 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 42m<sup>2</sup> (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)

- 36g beef (beefsteak, 3 portions per week)
- 24g white fish (1 portion per week)
- 192g vegetables (64g cabbage, 64g tomato, 64g onion)
- 86g fruit (48g banana, 48g papaya)
- 32g oil (vegetable, 2 tbsp.)
- 30g sugar (white)
- 8g coffee (2 cups per day for adults, and 1/4 cup per day per child)
- 15g natilla



# Context Provided for Banana and Pineapple Wages

## Key Values and Assumptions



- 48 Hour Work Week
- 26 Work Days Per Month



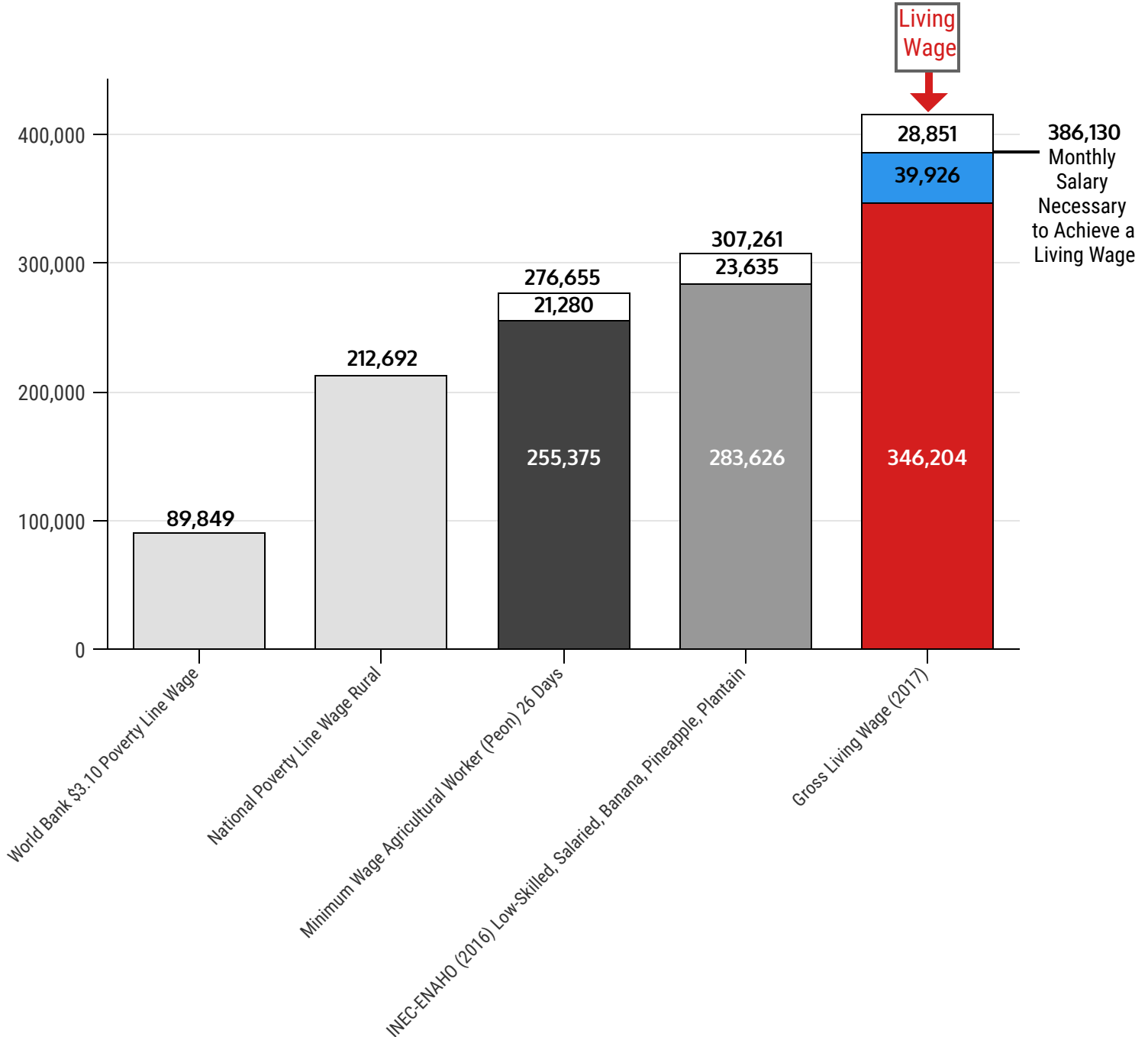
- Exchange Rate  
US \$1 = 560 CRC



- 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

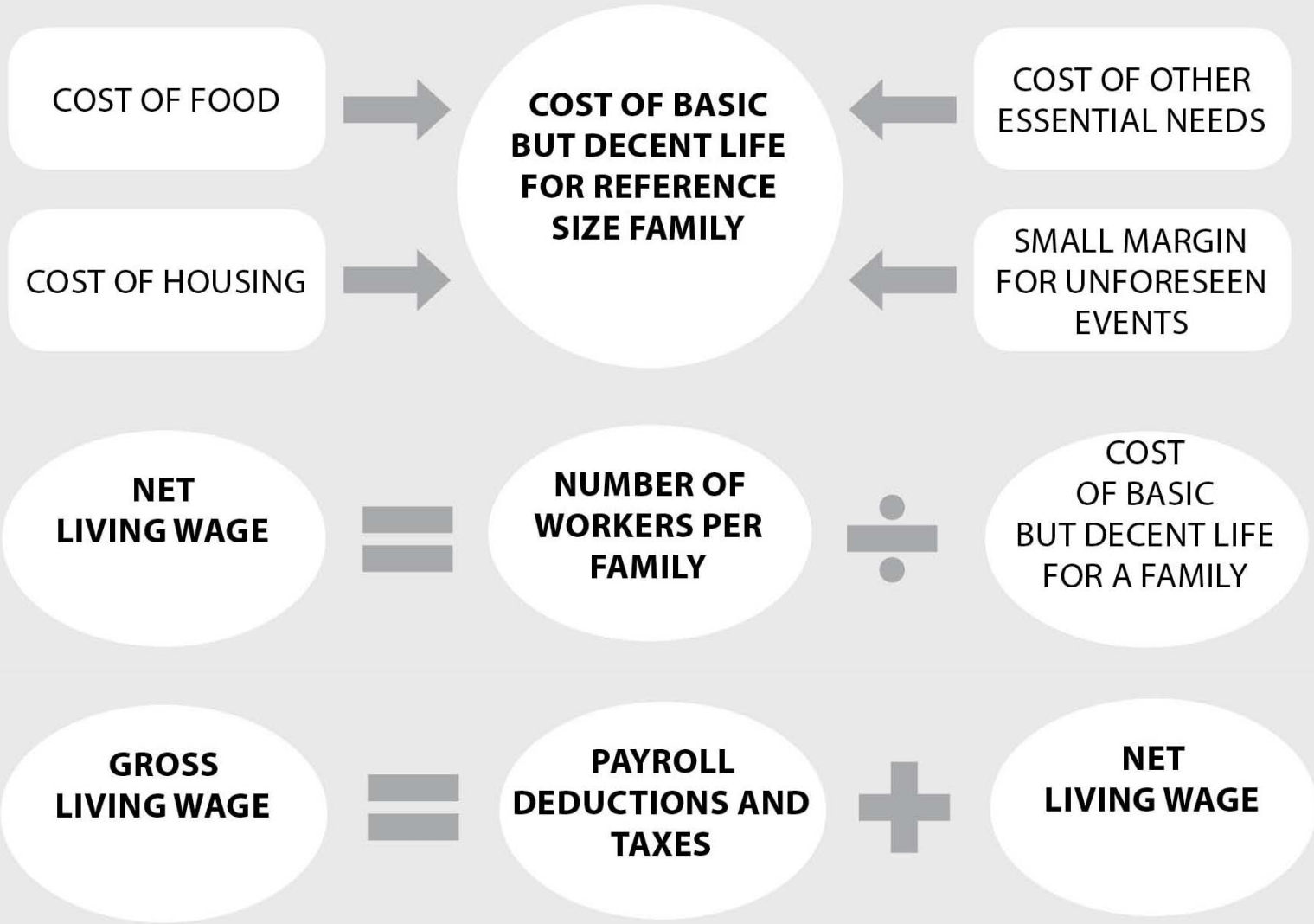
## Monthly Living Wage for Costa Rica, Limón Region, in CRC



# Global Living Wage Series Anker Methodology



Photo Courtesy of Sustainable Agriculture Network



[www.globallivingwage.org](http://www.globallivingwage.org)

Register for Regular Benchmark Updates from the GLWC at <http://eepurl.com/b6Jlyf>

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LIVING WAGE  
COALITION**

Global Living Wage Coalition Members:  
Fairtrade International, Forest Stewardship Council, GoodWeave International, Rainforest Alliance, Social Accountability International, Sustainable Agriculture Network, and UTZ. In Partnership with the ISEAL Alliance and Richard Anker and Martha Anker

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