

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

July 2022

## (A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	137.67 25 kg bag	2 x 25Kg	275.34
Rice	100.73 5kg	4kg	80.58
(Sweet) Potatoes	13.19 1 Kg	4 Kg	52.76
Beans	40.20 1kg	3kg	120.60
Pounded Groundnut	42.35 1kg	1kg	42.35
Soya Pieces	53.74 1 kg	2kg	107.48
Beef	70.00 1kg	2kg	140.00
Chicken	102.00 2kg	5kg	255.00
Kapenta	207.00 1kg	1kg	207.00
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	14.32 500 ml	10 liters	286.40
Vegetables	433.33 40 Kg	40kg	433.33
Onion	13.21 1 Kg	4 Kg	52.84
Tomatoes	10.00 1 kg	6 kg	60.00
Banana	19.00 1 Kg	16 Kg	304.00
Other Fruits	17.93 1 kg	14 Kg	251.02
Cooking oil (2.5lts)	133.00 2.5lt	3.6lt	191.52
Salt	11.00 1 Kg	1 Kg	11.00
Tea	26.78 250g	250g	26.78
<b>Sub Total</b>			<b>ZMW 3,063.01</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.50
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	336.00 Month(s)	1 Month(s)	336.00
Water & Sanitation (med - fixed)	161.00 Month(s)	1 Month(s)	161.00
Housing (3 bedroom)	1,953.33 Month(s)	1 Month(s)	1,953.33
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	35.00 500ml	1 500ml	35.00
<b>Subtotal</b>			<b>ZMW 3,094.83</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,157.84</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform	157.50

### **Transport (bus fare round**

Item	Amount (ZMW)
Town to Kabobola	23.00
Town to Nakambala	23.00

### **Health**

### **Fuel (cost at the pump July, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	26.75
Diesel (per litre)	28.01
Paraffin (per litre)	21.27

**(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA**

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,839.61	5,645.47	5,843.48	7,326.37	7,950

This survey was conducted on 25<sup>th</sup> July 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Nakambala market, Kabobola market, town market, Choppies and Shoprite super market and Schools, Clinics/hospitals, and filling stations around Mazabuka. The July Basic Needs and Nutrition Basket is approximately US\$370.06 based on the exchange rate of K16.74. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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