

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.25 25 kg bag	2 x 25Kg	262.50
Rice	124.95 5kg	4kg	99.96
(Sweet) Potatoes	9.52 1 Kg	4 Kg	38.09
Beans	34.41 1kg	3kg	103.23
Pounded Groundnut	37.21 1kg	1kg	37.21
Soya Pieces	55.32 1 kg	2kg	110.64
Beef	80.12 1kg	2kg	160.25
Chicken	92.50 2kg	5kg	231.24
Kapenta	220.50 1kg	1kg	220.50
Eggs	18.08 1 unit (10 eggs)	3 Trays (90 eggs)	162.74
Milk (Fresh)	11.75 500 ml	10 liters	234.95
Vegetables	427.62 40 Kg	40kg	427.62
Onion	12.85 1 Kg	4 Kg	51.38
Tomatoes	6.10 1 kg	6 kg	36.59
Banana	15.15 1 Kg	16 Kg	242.47
Other Fruits	23.41 1 kg	14 Kg	327.69
Cooking oil (2.5lts)	121.75 2.5lt	3.6lt	175.32
Salt	10.05 1 Kg	1 Kg	10.05
Tea	13.50 250g	250g	13.50
<b>Sub Total</b>			<b>ZMW 2,945.91</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	173.33 90kg bag(s)	2 90kg bag(s)	346.67
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	17.50 400g	4 400g	70.00
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)	38.50 500ml	1 500ml	38.50
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	8.00 Tissue(s)	6 Tissue(s)	48.00
Lotion (Dawn)	26.50 400ml	1 400ml	26.50
<b>Subtotal</b>			<b>ZMW 3,058.00</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,003.91</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform	157.50

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

Item	Amount (ZMW)
Town to Kabobola	21.00
Town to Nakambala	21.00

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87
Paraffin (per litre)	18.43

**(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25<sup>th</sup> August 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 August Basic Needs and Nutrition Basket is approximately US\$377.60 based on the exchange rate of K15.90. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

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2022-08-31

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