

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	279.99
Rice	177.34 5kg	4kg	141.87
Irish Potatoes	15.75 1 Kg	4 Kg	62.99
Beans	46.98 1kg	3kg	140.93
Pounded Groundnut	50.14 1kg	1kg	50.14
Soya Pieces	65.41 1 kg	2kg	130.82
Beef	73.40 1kg	2kg	146.79
Chicken	102.00 2kg	5kg	254.99
Kapenta	294.98 1kg	1kg	294.98
Eggs	21.50 1 unit (10 eggs)	3 Trays (90 eggs)	193.49
Milk (Fresh)	14.20 500 ml	10 liters	283.92
Vegetables	315.88 40 Kg	40kg	315.88
Onion	13.94 1 Kg	4 Kg	55.74
Tomatoes	12.11 1 kg	6 kg	72.69
Banana	15.37 1 Kg	16 Kg	245.92
Other Fruits	11.28 1 kg	14 Kg	157.86
Cooking oil (2.5lts)	117.00 2.5lt	3.6lt	168.47
Salt	12.20 1 Kg	1 Kg	12.20
Tea	27.19 250g	250g	27.19
<b>SubTotal</b>			<b>ZMW 3,036.86</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	166.67 90kg bag(s)	2 90kg bag(s)	333.33
Soap (Lifebuoy/Champion)	14.60 Tablet(s)	3 Tablet(s)	43.79
Wash soap (BOOM)	17.00 400g	4 400g	67.98
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)	27.00 500ml	1 500ml	27.00
Sanitary towels	19.00 Pack of 10	2 Pack of 10	37.99
Toilet Paper (2ply)	5.80 Tissue(s)	6 Tissue(s)	34.78
Lotion (Dawn)	27.20 400ml	1 400ml	27.20
<b>Subtotal</b>			<b>ZMW 3,022.40</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,059.26</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	157.50	Town to Kabobola	21.00
		Town to Nakambala	21.00
<b>Health</b>		<b>Fuel (cost at the pump Oct., 2022)</b>	
		<b>Item</b>	<b>Amount (ZMW)</b>
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38
		Paraffin (per litre)	19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25<sup>th</sup> November, 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 as well as Schools, clinics/hospitals, and filling stations around Mazabuka. The November Basic Needs and Nutrition Basket is approximately US\$ 351.89 based on the exchange rate of K 17.22 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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