

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	102.32 25 kg bag	2 x 25Kg	204.65
Rice	75.50 5kg	4kg	60.40
Cassava Flour	20.42 1kg	6kg	122.52
(Irish) Potatoes	8.53 1 Kg	4 Kg	34.12
Beans	32.03 1kg	3kg	96.10
Pounded Groundnut	30.35 1kg	1kg	30.35
Soya Pieces	51.88 1 kg	2kg	103.77
Beef	74.80 1kg	2kg	149.59
Chicken	122.00 2kg	5kg	304.99
Kapenta	260.62 1kg	1kg	260.62
Eggs	18.93 1 unit (10 eggs)	3 Trays (90 eggs)	170.39
Milk (Fresh)	15.00 500 ml	10 liters	299.92
Vegetables	477.05 40 Kg	40kg	477.05
Onion	24.29 1 Kg	4 Kg	97.17
Tomatoes	15.02 1 kg	6 kg	90.14
Banana	17.50 1 Kg	16 Kg	279.98
Other Fruits	11.87 1 kg	14 Kg	166.17
Cooking oil (2.5lts)	97.50 2.5lt	3.6lt	140.40
Salt	15.39 1 Kg	1 Kg	15.39
Tea	40.50 250g	250g	40.50
<b>Sub Total</b>			<b>ZMW 3,144.22</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	200.00 90kg bag(s)	2 90kg bag(s)	400.00
Soap (Lifebuoy/Champion)	13.60 Tablet(s)	3 Tablet(s)	32.99
Wash soap (BOOM)	17.80 400g	4 400g	31.18
Jelly (Vaseline)	36.25 500ml	1 500ml	36.25
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
Sanitary towels	26.66 Pack of 10	2 Pack of 10	53.33
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	35.99
Lotion (Dawn)	32.40 400ml	1 400ml	32.40

**Subtotal** **ZMW 3,072.47**

**Total for Basic Needs and Nutrition Basket** **ZMW 6,216.69**

## (C) SOME OTHER ADDITIONAL COSTS

Education	Amount (ZMW)	Transport (bus fare round)	Amount (ZMW)
Item		Item	
		Town to Kabobola	20.00
		Town to Nakambala	20.00
School Uniform	157.50		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25<sup>th</sup> January, 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 January Basic Needs and Nutrition Basket is approximately US\$38.42 based on the exchange rate of K18.37. Other costs would include personal care, clothing, recreation, etc.

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**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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