

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.75 25 kg bag	2 x 25Kg	265.50
Rice	93.27 5kg	4kg	74.61
Potatoes (Irish)	18.75 1 Kg	4 Kg	75.00
Beans	41.02 1kg	3kg	123.06
Pounded Groundnut	56.83 1kg	1kg	56.83
Soya Pieces	51.89 1 kg	2kg	103.78
Beef	80.12 1kg	2kg	160.25
Chicken	102.50 2kg	5kg	256.25
Kapenta	205.73 1kg	1kg	205.73
Eggs	19.25 1 unit (10 eggs)	3 Trays (90 eggs)	173.24
Milk (Fresh)	14.25 500 ml	10 liters	284.95
Vegetables	464.04 40 Kg	40kg	464.04
Onion	17.87 1 Kg	4 Kg	71.48
Tomatoes	10.43 1 kg	6 kg	62.57
Banana	17.71 1 Kg	16 Kg	283.33
Other Fruits	21.49 1 kg	14 Kg	300.84
Cooking oil (2.5lts)	134.25 2.5lt	3.6lt	193.31
Salt	10.56 1 Kg	1 Kg	10.56
Tea	19.25 250g	250g	19.25
<b>Sub Total</b>			<b>ZMW 3,192.62</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)	41.99
Wash soap (BOOM)	17.25 400g	4 400g	49.00
Jelly (Vaseline)	37.75 500ml	1 500ml	37.75
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	18.25 Pack of 10	2 Pack of 10	36.50
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	32.99
Lotion (Dawn)	30.75 400ml	1 400ml	30.75
<b>Subtotal</b>			<b>ZMW 3,025.98</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,218.60</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform	157.50

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

Item	Amount (ZMW)
Town to Kabobola	20.00
Town to Nakambala	20.00

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

**(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26<sup>th</sup> May, 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 April Basic Needs and Nutrition Basket is approximately US\$ 362.17 based on the exchange rate of K17.17. 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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