

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.33 25 kg bag	2 x 25Kg	300.67
Rice	81.54 5kg	4kg	65.23
(Sweet) Potatoes	7.79 1 Kg	4 Kg	31.15
Beans	29.76 1kg	3kg	89.27
Pounded Groundnut	38.37 1kg	1kg	38.37
Soya Pieces	39.31 1 kg	2kg	78.61
Beef	34.67 1kg	2kg	69.33
Chicken	60.00 2kg	5kg	150.00
Kapenta	278.69 1kg	1kg	278.69
Eggs	10.89 1 unit (10 eggs)	3 Trays (90 eggs)	98.00
Milk (Fresh)	7.67 500 ml	10 liters	153.33
Vegetables	206.35 40 Kg	40kg	206.35
Onion	10.44 1 Kg	4 Kg	41.75
Tomatoes	8.91 1 kg	6 kg	53.46
Banana	7.64 1 Kg	16 Kg	122.31
Other Fruits	7.38 1 kg	14 Kg	103.28
Cooking oil (2.5lts)	65.00 2.5lt	3.6lt	93.60
Salt	8.67 1 Kg	1 Kg	8.67
SubTotal			ZMW 1,982.08

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	105.00 90kg bag(s)	2 90kg bag(s)	210.00
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	21.67 500ml	1 500ml	21.67
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	6.83 Tissue(s)	6 Tissue(s)	41.00
Lotion (Dawn)	20.67 250ml	1 250ml	20.67

Subtotal

ZMW 2,941.33

Total for Basic Needs and Nutrition Basket

ZMW 4,923.41

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Town to Kabobola	50.00
		Town to Nakambala	60.00

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	20.00	Petrol (per litre)	17.62
Consultation Fee	10.00	Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

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

This survey was conducted on 27th December, 2019 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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