

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mazabuka**

**April 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	123.33 25 kg bag	2 x 25Kg	246.67
Rice	55.00 5kg	4kg	44.00
Cassava Flour	10.03 1kg	6kg	60.20
(Sweet) Potatoes	1.29 1 Kg	4 Kg	5.15
Beans	12.13 1kg	3kg	36.38
Pounded Groundnut	79.34 1kg	1kg	79.34
Soya Pieces	46.64 1 kg	2kg	93.28
Beef	83.33 1kg	2kg	166.67
Chicken	71.67 2kg	5kg	179.17
Kapenta	197.20 1kg	1kg	197.20
Eggs	15.67 1 unit (10 eggs)	3 Trays (90 eggs)	141.00
Milk (Fresh)	14.67 500 ml	10 liters	293.33
Vegetables	697.01 40 Kg	40kg	697.01
Onion	16.16 1 Kg	4 Kg	64.66
Tomatoes	4.75 1 kg	6 kg	28.49
Banana	17.28 1 Kg	16 Kg	276.48
Other Fruits	14.14 1 kg	14 Kg	198.01
Cooking oil (2.5lts)	105.56 2.5lt	3.6lt	152.00
Salt	11.33 1 Kg	1 Kg	11.33
Tea	36.00 250g	250g	36.00
<b>SubTotal</b>			<b>ZMW 3,006.36</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	210.00 90kg bag(s)	2 90kg bag(s)	420.00
Soap (Lifebuoy/Champion)	11.33 Tablet(s)	3 Tablet(s)	34.00
Wash soap (BOOM)	14.83 400g	4 400g	59.33
Jelly (Vaseline)	39.33 500ml	1 500ml	39.33
Electricity (medium density)	312.50 Month(s)	1 Month(s)	312.50
Water & Sanitation (med - fixed)	150.00 Month(s)	1 Month(s)	150.00
Housing (3 bedroom)	1,840.00 Month(s)	1 Month(s)	1,840.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,964.17</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,970.53**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	67.50	Town to Kabobola	20.00
Grades 8-9 (User + PTA/year)	425.00	Town to Nakambala	20.00
Grades 10-12 (User + PTA/year)	350.00		
School Uniform (Grades 1-7)	157.50		
School Uniform (Grades 8-12)	157.50		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

## (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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

### Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27<sup>th</sup> April, 2021 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 and Schools, clinics/hospitals, and filling stations around Mazabuka. The April Basic Needs Basket is approximately US\$268 based upon the exchange rate Of K22.29. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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