

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mazabuka**

**April 2020**

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

<b>Commodity</b>	<b>Price (ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Mealie Meal (Breakfast)	150.00 25 kg bag	2 x 25Kg	300.00
Mealie Meal (Roller)	106.67 5kg	4kg	85.33
Rice	6.79 1 Kg	4 Kg	27.16
(Sweet) Potatoes	28.46 1kg	3kg	85.38
Beans	30.43 1kg	1kg	30.43
Pounded Groundnut	25.07 1 kg	2kg	50.13
Beef	32.00 1kg	2kg	64.00
Chicken	69.30 2kg	5kg	173.25
Kapenta	207.67 1kg	1kg	207.67
Eggs	10.22 1 unit (10 eggs)	3 Trays (90 eggs)	92.00
Milk (Fresh)	8.17 500 ml	10 liters	163.33
Vegetables	259.34 40 Kg	40kg	259.34
Onion	39.95 1 Kg	4 Kg	159.79
Tomatoes	6.99 1 kg	6 kg	41.95
Banana	18.24 1 Kg	16 Kg	291.92
Other Fruits	26.53 1 kg	14 Kg	371.46
Cooking oil (2.5lts)	67.67 2.5lt	3.6lt	97.44
Salt	14.86 1 Kg	1 Kg	14.86
Tea	32.67 250g	250g	32.67
<b>SubTotal</b>			<b>ZMW 2,548.11</b>

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

<b>Commodity</b>	<b>Price(ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Charcoal	111.00 90kg bag(s)	2 90kg bag(s)	222.00
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	3 Tablet(s)	28.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	25.17 500ml	1 500ml	25.17
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	137.50 Month(s)	1 Month(s)	137.50
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	15.33 Pack of 10	2 Pack of 10	30.67
Toilet Paper (2ply)	4.67 Tissue(s)	6 Tissue(s)	28.00
Lotion (Dawn)	23.33 250ml	1 250ml	23.33
<b>Subtotal</b>			<b>ZMW 2,512.18</b>

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

**ZMW 5,060.29**

## **(C) SOME OTHER ADDITIONAL COSTS**

<b>Education</b>		<b>Transport (bus fare round)</b>	
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
Grades 1-7 (User + PTA/year)	200.00	Town to Kabobola	70.00
Grades 8-9 (User + PTA/year)	700.00	Town to Nakambala	35.00
Grades 10-12 (User + PTA/year)	3,000.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
<b>item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	50.00	Diesel (per litre)	15.59
Malaria test	20.00		
Consultation Fee	10.00		

## **(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
7,158.67	3,860.28	4,307.92	4,226.03	5,896.79	7,428.38	5,389.04	4,441.86	3,890.14	5,280.69	5,361.73	6,048.36	5,404.36	5,240.95	6,639.90	5,060.29

### **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 27th April, 2020 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\$271 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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# Mazabuka April 2020 Basic Needs and Nutrition Basket Report

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