

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.67 25 kg bag	2 x 25Kg	283.33
Rice	108.89 5kg	4kg	87.11
(Sweet) Potatoes	8.02 1 Kg	4 Kg	32.10
Beans	48.97 1kg	3kg	146.92
Pounded Groundnut	35.95 1kg	1kg	35.95
Soya Pieces	35.01 1 kg	2kg	70.02
Beef	30.67 1kg	2kg	61.33
Chicken	60.33 2kg	5kg	150.83
Kapenta	260.53 1kg	1kg	260.53
Eggs	10.22 1 unit (10 eggs)	3 Trays (90 eggs)	92.00
Milk (Fresh)	8.17 500 ml	10 liters	163.33
Vegetables	660.19 40 Kg	40kg	660.19
Onion	32.68 1 Kg	4 Kg	130.73
Tomatoes	8.85 1 kg	6 kg	53.13
Banana	18.92 1 Kg	16 Kg	302.65
Other Fruits	30.21 1 kg	14 Kg	422.87
Cooking oil (2.5lts)	66.00 2.5lt	3.6lt	95.04
Salt	14.34 1 Kg	1 Kg	14.34
Tea	30.00 250g	250g	30.00
SubTotal			ZMW 3,092.42

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.00 90kg bag(s)	2 90kg bag(s)	174.00
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	23.33 500ml	1 500ml	23.33
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	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	2.83 Tissue(s)	6 Tissue(s)	17.00
Lotion (Dawn)	23.33 400ml	1 400ml	23.33
Subtotal			ZMW 2,448.68

Total for Basic Needs and Nutrition Basket

ZMW 5,541.09

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
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		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2019-03-30

Mazabuka March 2019 Basic Needs and Nutrition Basket Report

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