

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	160.00 25 kg bag	2 x 25Kg	320.00
Rice	200.17 5kg	4kg	160.14
Cassava Flour	19.33 1kg	6kg	115.98
Irish Potatoes	16.24 1 Kg	4 Kg	64.95
Beans	37.09 1kg	3kg	111.26
Pounded Groundnut	55.04 1kg	1kg	55.04
Soya Pieces	69.34 1 kg	2kg	138.67
Beef	77.52 1kg	2kg	155.04
Chicken	97.19 2kg	5kg	242.98
Kapenta	353.36 1kg	1kg	353.36
Eggs	20.08 1 unit (10 eggs)	3 Trays (90 eggs)	180.74
Milk (Fresh)	14.25 500 ml	10 liters	284.90
Vegetables	589.07 40 Kg	40kg	589.07
Onion	19.51 1 Kg	4 Kg	78.04
Tomatoes	14.04 1 kg	6 kg	84.26
Banana	14.01 1 Kg	16 Kg	224.23
Other Fruits	12.52 1 kg	14 Kg	175.25
Cooking oil (2.5lts)	124.00 2.5lt	3.6lt	178.55
Salt	10.18 1 Kg	1 Kg	10.18
Tea	24.00 250g	250g	24.00
SubTotal			ZMW 3,546.63

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	324.00 90kg bag(s)	2 90kg bag(s)	648.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	2 Tablet(s)	41.79
Wash soap (BOOM)	17.80 400g	4 400g	71.18
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
Jelly (Vaseline)	28.40 500ml	1 500ml	28.40
Sanitary towels	17.60 Pack of 10	2 Pack of 10	35.19
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.58
Lotion (Dawn)	27.00 400ml	1 400ml	27.00
Subtotal			ZMW 3,335.46
Total for Basic Needs and Nutrition Basket			ZMW 6,670.92

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	157.50	Town to Kabobola	21.00
		Town to Nakambala	21.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item (Fuel pump price,Jan 2023)	Amount (ZMW)
		Petrol (per litre)	24.49
		Diesel (per litre)	26.44
		Paraffin (per litre)	19.98

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 27th January 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, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The Basic Needs Basket is approximately US\$352.03. based upon the exchange rate of K18.95. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2023-01-31

Mazabuka January 2023 Basic Needs and Nutrition Basket Report

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