

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

February 2023

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 159.00 25 kg bag | 2 x 25Kg | 318.00 |
| Rice | 141.44 5kg | 4kg | 113.15 |
| Irish Potatoes | 21.76 1 Kg | 4 Kg | 87.03 |
| Beans | 43.85 1kg | 3kg | 131.55 |
| Pounded Groundnut | 47.63 1kg | 1kg | 47.63 |
| Soya Pieces | 65.13 1 kg | 2kg | 130.27 |
| Beef | 77.90 1kg | 2kg | 155.79 |
| Chicken | 95.39 2kg | 5kg | 238.48 |
| Kapenta | 281.96 1kg | 1kg | 281.96 |
| Eggs | 21.07 1 unit (10 eggs) | 3 Trays (90 eggs) | 189.59 |
| Milk (Fresh) | 14.00 500 ml | 10 liters | 279.95 |
| Vegetables | 293.61 40 Kg | 40kg | 293.61 |
| Onion | 21.75 1 Kg | 4 Kg | 86.99 |
| Tomatoes | 15.72 1 kg | 6 kg | 94.31 |
| Banana | 13.76 1 Kg | 16 Kg | 220.09 |
| Other Fruits | 28.41 1 kg | 14 Kg | 397.78 |
| Cooking oil (2.5lts) | 117.00 2.5lt | 3.6lt | 168.48 |
| Salt | 12.98 1 Kg | 1 Kg | 12.98 |
| Tea | 27.99 250g | 250g | 27.99 |
| SubTotal | | | ZMW 3,275.62 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price(ZMW) / Unit | Quantity / Month | Total (ZMW) |
|---|--------------------|------------------|---------------------|
| Charcoal | 334.67 90kg bag(s) | 2 90kg bag(s) | 669.33 |
| Soap (Lifebuoy/Champion) | 16.00 Tablet(s) | 3 Tablet(s) | 47.99 |
| Wash soap (BOOM) | 20.60 400g | 4 400g | 82.38 |
| 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) | 42.19 500ml | 1 500ml | 42.19 |
| Sanitary towels | 18.40 Pack of 10 | 2 Pack of 10 | 36.79 |
| Toilet Paper (2ply) | 6.60 Tissue(s) | 6 Tissue(s) | 39.58 |
| Lotion (Dawn) | 30.20 400ml | 1 400ml | 30.20 |
| Subtotal | | | ZMW 3,398.79 |
| Total for Basic Needs and Nutrition Basket | | | ZMW 6,674.41 |

(C) SOME OTHER ADDITIONAL COSTS

| Education | | Transport (bus fare round) | |
|------------------|--------------|-----------------------------------|--------------|
| Item | Amount (ZMW) | Item | Amount (ZMW) |
| School Uniform | 157.50 | Town to Kabobola | 21.00 |
| | | Town to Nakambala | 21.00 |
| Health | | Fuel (cost at the pump) | |
| Item | Amount (ZMW) | Item (Fuel pump price, FEB 2023) | Amount (ZMW) |
| | | Petrol (per litre) | 27.22 |
| | | Diesel (per litre) | 29.25 |
| | | Paraffin (per litre) | 22.29 |

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

| Chinsali | Chipata | Choma | Kabwe | Kasama | Kitwe | Livingstone | Lusaka | Luanshya | Mansa | Mazabuka | Mongu | Monze | Mpika | Ndola | Solwezi |
|----------|----------|---------|----------|---------|----------|-------------|----------|----------|----------|----------|----------|---------|----------|----------|---------|
| 5930.03 | 6,645.42 | 5,951.1 | 7,228.92 | 4971.85 | 7,519.58 | 6,737.26 | 9,278.06 | 5,780.79 | 5,348.04 | 6,674.41 | 5,501.73 | 6558.18 | 6,269.85 | 7,761.83 | 8038.24 |

This survey was conducted on 27th February 2023 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, Choppies and Shoprite super market and Schools, Clinics/hospitals, and filling stations around Mazabuka. The Basic Needs and Nutrition Basket is approximately US\$337.77 based on the exchange rate of K19.76 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2023-02-28

Mazabuka February 2023 Basic Needs and Nutrition Basket Report

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