

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.20 25 kg bag	2 x 25Kg	258.40
Rice	138.18 5kg	4kg	110.54
Irish Potatoes	19.02 1 Kg	4 Kg	76.07
Beans	45.63 1kg	3kg	136.88
Pounded Groundnut	37.13 1kg	1kg	37.13
Soya Pieces	64.96 1 kg	2kg	129.91
Beef	76.40 1kg	2kg	152.79
Chicken	92.19 2kg	5kg	230.49
Kapenta	339.40 1kg	1kg	339.40
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	185.99
Milk (Fresh)	15.20 500 ml	10 liters	303.92
Vegetables	296.98 40 Kg	40kg	296.98
Onion	15.76 1 Kg	4 Kg	63.05
Tomatoes	12.31 1 kg	6 kg	73.87
Banana	11.79 1 Kg	16 Kg	188.58
Other Fruits	5.53 1 kg	14 Kg	77.43
Cooking oil (2.5lts)	115.00 2.5lt	3.6lt	165.59
Salt	13.21 1 Kg	1 Kg	13.21
Tea	27.59 250g	250g	27.59
<b>SubTotal</b>			<b>ZMW 2,867.82</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	170.00 90kg bag(s)	2 90kg bag(s)	340.00
Soap (Lifebuoy/Champion)	14.60 Tablet(s)	3 Tablet(s)	43.79
Wash soap (BOOM)	17.00 400g	4 400g	67.98
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)	22.80 500ml	1 500ml	22.80
Sanitary towels	18.60 Pack of 10	2 Pack of 10	37.19
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	38.97
Lotion (Dawn)	27.60 400ml	1 400ml	27.60
<b>Subtotal</b>			<b>ZMW 3,028.66</b>

## Total for Basic Needs and Nutrition Basket

**ZMW 5,896.48**

## (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 prim, Dec 2022)	Amount (ZMW)
		Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

## (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
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25<sup>th</sup>December, 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 as well as Schools, clinics/hospitals, and filling stations around Mazabuka. The December Basic Needs and Nutrition Basket is approximately US\$ 328.13 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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Statements

Advocacy on Living Conditions

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2022-12-31

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