

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	96.60 25 kg bag	2 x 25Kg	193.20
Rice	75.40 5kg	4kg	60.32
Cassava Flour	50.65 1kg	6kg	303.91
(Sweet) Potatoes	6.29 1 Kg	4 Kg	25.17
Beans	26.80 1kg	3kg	80.41
Pounded Groundnut	77.84 1kg	1kg	77.84
Soya Pieces	53.95 1 kg	2kg	107.89
Beef	71.60 1kg	2kg	143.19
Chicken	98.79 2kg	5kg	246.98
Kapenta	216.00 1kg	1kg	216.00
Eggs	16.13 1 unit (10 eggs)	3 Trays (90 eggs)	145.19
Milk (Fresh)	13.75 500 ml	10 liters	274.95
Vegetables	672.18 40 Kg	40kg	672.18
Onion	28.53 1 Kg	4 Kg	114.12
Tomatoes	9.15 1 kg	6 kg	54.91
Banana	21.11 1 Kg	16 Kg	337.72
Other Fruits	7.73 1 kg	14 Kg	108.20
Cooking oil (2.5lts)	115.24 2.5lt	3.6lt	165.94
Salt	13.79 1 Kg	1 Kg	13.79
Tea	49.00 250g	250g	49.00
<b>SubTotal</b>			<b>ZMW 3,390.91</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	228.00 90kg bag(s)	2 90kg bag(s)	456.00
Soap (Lifebuoy/Champion)	13.80 Tablet(s)	3 Tablet(s)	41.39
Wash soap (BOOM)	16.60 400g	4 400g	66.38
Jelly (Vaseline)	66.18 500ml	1 500ml	66.18
Electricity (medium density)	312.50 Month(s)	1 Month(s)	312.50
Water & Sanitation (med - fixed)	150.00 Month(s)	1 Month(s)	150.00
Housing (3 bedroom)	1,840.00 Month(s)	1 Month(s)	1,840.00
Sanitary towels	23.75 Pack of 10	2 Pack of 10	47.50
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.58
Lotion (Dawn)	35.60 400ml	1 400ml	35.60
<b>Subtotal</b>			<b>ZMW 3,049.12</b>

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

**ZMW 6,440.03**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	67.50	Town to Kabobola	20.00
Grades 8-9 (User + PTA/year)	425.00	Town to Nakambala	20.00
Grades 10-12 (User + PTA/year)	350.00		
School Uniform	157.50		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

**(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
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,617.94	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

**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 27<sup>th</sup> November, 2021 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 November Basic Needs Basket is approximately US\$362.21 based upon the exchange rate Of K17.78. Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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