

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	103.00 25 kg bag	2 x 25Kg	205.99
Rice	95.50 5kg	4kg	76.40
Cassava Flour	40.00 1kg	6kg	240.00
(Sweet) Potatoes	8.89 1 Kg	4 Kg	35.54
Beans	27.50 1kg	3kg	82.51
Pounded Groundnut	47.76 1kg	1kg	47.76
Soya Pieces	52.85 1 kg	2kg	105.71
Beef	72.80 1kg	2kg	145.59
Chicken	115.19 2kg	5kg	287.98
Kapenta	331.44 1kg	1kg	331.44
Eggs	18.20 1 unit (10 eggs)	3 Trays (90 eggs)	163.79
Milk (Fresh)	13.60 500 ml	10 liters	271.92
Vegetables	450.29 40 Kg	40kg	450.29
Onion	78.98 1 Kg	4 Kg	315.91
Tomatoes	11.64 1 kg	6 kg	69.85
Banana	21.75 1 Kg	16 Kg	347.92
Other Fruits	9.03 1 kg	14 Kg	126.39
Cooking oil (2.5lts)	96.60 2.5lt	3.6lt	139.10
Salt	16.40 1 Kg	1 Kg	16.40
Tea	54.76 250g	250g	54.76
<b>SubTotal</b>			<b>ZMW 3,515.24</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	166.67 90kg bag(s)	2 90kg bag(s)	333.33
Soap (Lifebuoy/Champion)	14.60 Tablet(s)	3 Tablet(s)	43.79
Wash soap (BOOM)	18.20 400g	4 400g	72.80
Jelly (Vaseline)	47.00 500ml	1 500ml	47.00
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	19.50 Pack of 10	2 Pack of 10	39.00
Toilet Paper (2ply)	28.75 Tissue(s)	6 Tissue(s)	172.50
Lotion (Dawn)	33.80 400ml	1 400ml	33.80
<b>Subtotal</b>			<b>ZMW 2,987.5</b>

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

**ZMW 6,502.71**

## (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)	21.16

Diesel (per litre)

20.15

Paraffin (per litre)

15.39

**(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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June 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, Chinda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

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

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2021-12-31

# Mazabuka December 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/682>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*