

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	99.60 25 kg bag	2 x 25Kg	199.19
Rice	115.20 5kg	4kg	92.16
Cassava Flour	14.62 1kg	6kg	87.75
(Sweet) Potatoes	14.78 1 Kg	4 Kg	59.11
Beans	43.64 1kg	3kg	130.92
Pounded Groundnut	12.58 1kg	1kg	12.58
Soya Pieces	41.13 1 kg	2kg	82.27
Beef	65.60 1kg	2kg	131.19
Chicken	91.99 2kg	5kg	229.98
Kapenta	355.79 1kg	1kg	355.79
Eggs	18.53 1 unit (10 eggs)	3 Trays (90 eggs)	166.79
Milk (Fresh)	13.10 500 ml	10 liters	261.98
Vegetables	1,444.61 40 Kg	40kg	1,444.61
Onion	17.86 1 Kg	4 Kg	71.43
Tomatoes	6.67 1 kg	6 kg	40.04
Banana	14.88 1 Kg	16 Kg	238.09
Other Fruits	20.68 1 kg	14 Kg	289.51
Cooking oil (2.5lts)	103.76 2.5lt	3.6lt	149.42
Salt	14.79 1 Kg	1 Kg	14.79
Tea	46.50 250g	250g	46.50
SubTotal			ZMW 4,104.10

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	198.00 90kg bag(s)	2 90kg bag(s)	396.00
Soap (Lifebuoy/Champion)	12.40 Tablet(s)	3 Tablet(s)	37.19
Wash soap (BOOM)	20.00 400g	4 400g	79.98
Jelly (Vaseline)	33.00 500ml	1 500ml	33.00
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	23.20 Pack of 10	2 Pack of 10	46.39
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.58
Lotion (Dawn)	38.60 400ml	1 400ml	38.60
Subtotal			ZMW 2,967.23

Total for Basic Needs and Nutrition Basket

ZMW 7,071.33

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	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
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

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 27th July, 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 July Basic Needs Basket is approximately US\$368 based upon the exchange rate Of K19.20. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-07-31

Mazabuka July 2021 Basic Needs and Nutrition Basket Report

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