

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mazabuka**

**January 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	105.00 25 kg bag	2 x 25Kg	210.00
Rice	146.67 5kg	4kg	117.33
(Sweet) Potatoes	10.79 1 Kg	4 Kg	43.14
Beans	32.19 1kg	3kg	96.57
Pounded Groundnut	63.09 1kg	1kg	63.09
Soya Pieces	26.74 1 kg	2kg	53.48
Beef	45.33 1kg	2kg	90.67
Chicken	70.00 2kg	5kg	175.00
Kapenta	244.52 1kg	1kg	244.52
Eggs	14.78 1 unit (10 eggs)	3 Trays (90 eggs)	133.00
Milk (Fresh)	11.33 500 ml	10 liters	226.67
Vegetables	339.50 40 Kg	40kg	339.50
Onion	19.20 1 Kg	4 Kg	76.78
Tomatoes	6.14 1 kg	6 kg	36.83
Banana	7.91 1 Kg	16 Kg	126.54
Other Fruits	4.69 1 kg	14 Kg	65.67
Cooking oil (2.5lts)	93.33 2.5lt	3.6lt	134.40
Salt	10.33 1 Kg	1 Kg	10.33
Tea	32.67 250g	250g	32.67
<b>SubTotal</b>			<b>ZMW 2,276.18</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.00 90kg bag(s)	2 90kg bag(s)	252.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	15.33 400g	4 400g	61.33
Jelly (Vaseline)	15.67 500ml	1 500ml	15.67
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	15.67 Pack of 10	2 Pack of 10	31.33
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	26.00
Lotion (Dawn)	32.33 400ml	1 400ml	32.33
<b>Subtotal</b>			<b>ZMW 2,751.17</b>

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

**ZMW 5,027.35**

## (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 (Grades 1-7)	157.50		
School Uniform (Grades 8-12)	157.50		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.50	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
8394.01.	3,854.99	4,886.73	4,402.41	5,982.58	6,420.53	4,693.47	4,918.63	4,359.43	5,246.75	6,256.95	6,734.83	5,407.56	5,358.78	5,479.28	5,027.35

### **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> January, 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 January Basic Needs Basket is approximately US\$233 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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