

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

May 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	108.40 25 kg bag	2 x 25Kg	216.80
Rice	120.00 5kg	4kg	96.00
Cassava Flour	49.43 1kg	6kg	296.59
(Sweet) Potatoes	5.84 1 Kg	4 Kg	23.35
Beans	27.06 1kg	3kg	81.19
Pounded Groundnut	59.57 1kg	1kg	59.57
Soya Pieces	49.08 1 kg	2kg	98.16
Beef	74.60 1kg	2kg	149.19
Chicken	78.59 2kg	5kg	196.48
Kapenta	234.24 1kg	1kg	234.24
Eggs	17.73 1 unit (10 eggs)	3 Trays (90 eggs)	159.59
Milk (Fresh)	15.35 500 ml	10 liters	306.95
Vegetables	686.96 40 Kg	40kg	686.96
Onion	19.01 1 Kg	4 Kg	76.03
Tomatoes	8.87 1 kg	6 kg	53.22
Banana	17.72 1 Kg	16 Kg	283.47
Other Fruits	23.04 1 kg	14 Kg	322.62
Cooking oil (2.5lts)	105.67 2.5lt	3.6lt	152.16
Salt	11.60 1 kg	1 Kg	11.60
Tea	50.39 250g	250g	50.39
SubTotal			ZMW 3,554.55

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	223.33 90kg bag(s)	2 90kg bag(s)	446.67
Soap (Lifebuoy/Champion)	12.40 Tablet(s)	3 Tablet(s)	37.19
Wash soap (BOOM)	16.40 400g	4 400g	65.58
Jelly (Vaseline)	27.20 500ml	1 500ml	27.20
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	25.40 Pack of 10	2 Pack of 10	50.79
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.58
Lotion (Dawn)	37.60 400ml	1 400ml	37.60
Subtotal			ZMW 3,001.10

Total for Basic Needs and Nutrition Basket

ZMW 6,555.64

(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
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

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 May, 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 May Basic Needs Basket is approximately US\$291 based upon the exchange rate Of K22.51. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-05-31

Mazabuka May 2021 Basic Nutrition and Needs Basket Report

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