

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	108.33 25 kg bag	2 x 25Kg	216.67
Rice	168.07 5kg	4kg	134.45
Cassava Flour	6.60 1kg	6kg	39.60
(Sweet) Potatoes	16.60 1 Kg	4 Kg	66.38
Beans	18.91 1kg	3kg	56.72
Pounded Groundnut	41.86 1kg	1kg	41.86
Soya Pieces	14.33 1 kg	2kg	28.66
Beef	42.67 1kg	2kg	85.33
Chicken	63.33 2kg	5kg	158.33
Kapenta	215.54 1kg	1kg	215.54
Eggs	14.44 1 unit (10 eggs)	3 Trays (90 eggs)	130.00
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	820.93 40 Kg	40kg	820.93
Onion	6.42 1 Kg	4 Kg	25.67
Tomatoes	6.23 1 kg	6 kg	37.39
Banana	6.41 1 Kg	16 Kg	102.50
Other Fruits	4.60 1 kg	14 Kg	64.34
Cooking oil (2.5lts)	73.33 2.5lt	3.6lt	105.60
Salt	10.67 1 Kg	1 Kg	10.67
Tea	30.67 250g	250g	30.67
SubTotal			ZMW 2,551.31

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	120.67 90kg bag(s)	2 90kg bag(s)	241.33
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	16.33 400g	4 400g	65.33
Jelly (Vaseline)	30.67 500ml	1 500ml	30.67
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	150.00 Month(s)	1 Month(s)	150.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	15.33 Pack of 10	2 Pack of 10	30.67
Toilet Paper (2ply)	4.67 Tissue(s)	6 Tissue(s)	28.00
Lotion (Dawn)	20.00 400ml	1 400ml	20.00
Subtotal			ZMW 2,573.51

Total for Basic Needs and Nutrition Basket

ZMW 5,124.82

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	1,200.00	Town to Kabobola	35.00
Grades 8-9 (User + PTA/year)	1,500.00	Town to Nakambala	70.00
Grades 10-12 (User + PTA/year)	2,400.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	50.00	Diesel (per litre)	15.59
Malaria test	20.00	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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

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 November, 2020 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\$244 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc.

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2020-11-30

Mazabuka November 2020 Basic Needs and Nutrition Basket Report

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