

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	113.33 25 kg bag	2 x 25Kg	226.67
Rice	147.50 5kg	4kg	118.00
(Sweet) Potatoes	28.38 1 Kg	4 Kg	113.54
Beans	25.97 1kg	3kg	77.90
Pounded Groundnut	69.01 1kg	1kg	69.01
Soya Pieces	28.67 1 kg	2kg	57.34
Beef	44.67 1kg	2kg	89.33
Chicken	63.33 2kg	5kg	158.33
Kapenta	283.01 1kg	1kg	283.01
Eggs	15.56 1 unit (10 eggs)	3 Trays (90 eggs)	140.00
Milk (Fresh)	9.67 500 ml	10 liters	193.33
Vegetables	564.90 40 Kg	40kg	564.90
Onion	9.92 1 Kg	4 Kg	39.67
Tomatoes	8.23 1 kg	6 kg	49.39
Banana	7.10 1 Kg	16 Kg	113.67
Other Fruits	3.81 1 kg	14 Kg	53.35
Cooking oil (2.5lts)	84.33 2.5lt	3.6lt	121.44
Salt	11.33 1 Kg	1 Kg	11.33
Tea	32.67 250g	250g	32.67
<b>SubTotal</b>			<b>ZMW 2,512.89</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	117.00 90kg bag(s)	2 90kg bag(s)	234.00
Soap (Lifebuoy/Champion)	10.33 Tablet(s)	3 Tablet(s)	31.00
Wash soap (BOOM)	16.17 400g	4 400g	64.67
Jelly (Vaseline)	31.33 500ml	1 500ml	31.33
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)	4.83 Tissue(s)	6 Tissue(s)	29.00
Lotion (Dawn)	21.00 400ml	1 400ml	21.00
<b>Subtotal</b>			<b>ZMW 2,569.18</b>

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

**ZMW 5,082.07**

## (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)	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		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
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
Consultation Fee	10.00		

**(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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

**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 December, 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 December Basic Needs Basket is approximately US\$240 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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