

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.40 25 kg bag	2 x 25Kg	202.79
Rice	71.00 5kg	4kg	56.80
Cassava Flour	45.98 1kg	6kg	275.86
(Sweet) Potatoes	5.62 1 Kg	4 Kg	22.50
Beans	22.98 1kg	3kg	68.93
Pounded Groundnut	77.66 1kg	1kg	77.66
Soya Pieces	48.34 1 kg	2kg	96.67
Beef	76.40 1kg	2kg	152.79
Chicken	119.59 2kg	5kg	298.98
Kapenta	193.07 1kg	1kg	193.07
Eggs	17.40 1 unit (10 eggs)	3 Trays (90 eggs)	156.59
Milk (Fresh)	13.50 500 ml	10 liters	269.96
Vegetables	647.72 40 Kg	40kg	647.72
Onion	21.20 1 Kg	4 Kg	84.78
Tomatoes	10.73 1 kg	6 kg	64.39
Banana	19.08 1 Kg	16 Kg	305.28
Other Fruits	6.96 1 kg	14 Kg	97.37
Cooking oil (2.5lts)	107.73 2.5lt	3.6lt	155.13
Salt	13.00 1 Kg	1 Kg	13.00
Tea	52.00 250g	250g	52.00
SubTotal			ZMW 3,292.28

(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)	13.00 Tablet(s)	3 Tablet(s)	38.99
Wash soap (BOOM)	16.00 400g	4 400g	63.98
Jelly (Vaseline)	34.60 500ml	1 500ml	34.60
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	23.25 Pack of 10	2 Pack of 10	46.49
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	35.98
Lotion (Dawn)	34.00 400ml	1 400ml	34.00
Subtotal			ZMW 2,952.53

Total for Basic Needs and Nutrition Basket

ZMW 6,244.81

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
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		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

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 October, 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 October Basic Needs Basket is approximately US\$363 based upon the exchange rate Of K17.22. Other costs would include personal care, clothing, recreation, etc.

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2021-10-31

Mazabuka October 2021 Basic Needs and Nutrition Basket Report

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