

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	160.33 25 kg bag	2 x 25Kg	320.67
Rice	86.16 5kg	4kg	68.93
(Sweet) Potatoes	7.56 1 Kg	4 Kg	30.23
Beans	24.63 1kg	3kg	73.90
Pounded Groundnut	33.81 1kg	1kg	33.81
Soya Pieces	31.49 1 kg	2kg	62.98
Beef	35.00 1kg	2kg	70.00
Chicken	55.00 2kg	5kg	137.50
Kapenta	168.64 1kg	1kg	168.64
Eggs	13.33 1 unit (10 eggs)	3 Trays (90 eggs)	120.00
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	195.34 40 Kg	40kg	195.34
Onion	15.46 1 Kg	4 Kg	61.83
Tomatoes	8.86 1 kg	6 kg	53.16
Banana	10.05 1 Kg	16 Kg	160.74
Other Fruits	6.69 1 kg	14 Kg	93.63
Cooking oil (2.5lts)	63.33 2.5lt	3.6lt	91.20
Salt	8.33 1 Kg	1 Kg	8.33
SubTotal			ZMW 1,910.90

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	105.00 90kg bag(s)	2 90kg bag(s)	210.00
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	21.33 500ml	1 500ml	21.33
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	1,800.00 Month(s)	1 Month(s)	1,800.00
Sanitary towels	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	6.17 Tissue(s)	6 Tissue(s)	37.00
Lotion (Dawn)	19.00 250ml	1 250ml	19.00
Subtotal			ZMW 2,735.33
Total for Basic Needs and Nutrition Basket			ZMW 4,646.23

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Town to Kabobola	25.00
School Uniform (Grades 1-7)	150.00	Town to Nakambala	20.00
School Uniform (Grades 8-12)	150.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	20.00	Petrol (per litre)	17.62
Mosquito net (private)	20.00	Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Lusaka	Kasam	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshy	Kitwe	Kabwe	Livingston	Choma	Chinsal	Mazabuk
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6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

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 and Oranges.

This survey was conducted on 27th December, 2019 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 Makambala Market, Kabobola Market, Town Market and Schools, clinics/hospitals, and filling stations around Mazabuka. The December Basic Needs Basket is approximately US\$335 based upon the exchange rate of K13.85. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2019-12-31

Mazabuka December 2019 Basic Needs and Nutrition Basket Report

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