

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	109.00 25 kg bag	2 x 25Kg	217.99
Rice	144.21 5kg	4kg	115.37
(Sweet) Potatoes	8.40 1 Kg	4 Kg	33.58
Beans	61.01 1kg	3kg	183.03
Pounded Groundnut	58.09 1kg	1kg	58.09
Soya Pieces	59.63 1 kg	2kg	119.25
Beef	47.33 1kg	2kg	94.66
Chicken	64.66 2kg	5kg	161.65
Kapenta	151.81 1kg	1kg	151.81
Eggs	12.33 1 unit (10 eggs)	3 Trays (90 eggs)	110.99
Milk (Fresh)	7.92 500 ml	10 liters	158.32
Vegetables	532.48 40 Kg	40kg	532.48
Onion	11.18 1 Kg	4 Kg	44.72
Tomatoes	12.32 1 kg	6 kg	73.92
Banana	8.57 1 Kg	16 Kg	137.16
Other Fruits	13.89 1 kg	14 Kg	194.44
Cooking oil (2.5lts)	72.22 2.5lt	3.6lt	104.00
Salt	11.99 1 Kg	1 Kg	11.99
Tea	36.66 250g	250g	36.66
SubTotal			ZMW 2,540.12

(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)	10.66 Tablet(s)	3 Tablet(s)	31.99
Wash soap (BOOM)	13.33 400g	4 400g	53.32
Jelly (Vaseline)	35.49 500ml	1 500ml	35.49
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	125.00 Month(s)	1 Month(s)	125.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	14.66 Pack of 10	2 Pack of 10	29.33
Toilet Paper (2ply)	4.83 Tissue(s)	6 Tissue(s)	28.98
Lotion (Dawn)	22.33 250ml	1 250ml	22.33
Subtotal			ZMW 2,537.95

Total for Basic Needs and Nutrition Basket

ZMW 5,078.07

(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)	200.00	Town to Kabobola	70.00
Grades 8-9 (User + PTA/year)	700.00	Town to Nakambala	35.00
Grades 10-12 (User + PTA/year)	3,000.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

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 October, 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 October Basic Needs Basket is approximately US\$250 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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2020-10-31

Mazabuka October 2020 Basic Needs and Nutrition Basket Report

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