

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	146.67 25 kg bag	2 x 25Kg	293.33
Rice	115.00 5kg	4kg	92.00
(Sweet) Potatoes	3.79 1 Kg	4 Kg	15.16
Beans	42.20 1kg	3kg	126.61
Pounded Groundnut	38.86 1kg	1kg	38.86
Soya Pieces	42.28 1 kg	2kg	84.56
Beef	30.00 1kg	2kg	60.00
Chicken	60.00 2kg	5kg	150.00
Kapenta	170.18 1kg	1kg	170.18
Eggs	11.89 1 unit (10 eggs)	3 Trays (90 eggs)	107.00
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	434.81 40 Kg	40kg	434.81
Onion	74.06 1 Kg	4 Kg	296.25
Tomatoes	10.50 1 kg	6 kg	63.01
Banana	10.38 1 Kg	16 Kg	166.09
Other Fruits	21.60 1 kg	14 Kg	302.37
Cooking oil (2.5lts)	69.44 2.5lt	3.6lt	100.00
Salt	17.68 1 Kg	1 Kg	17.68
Tea	30.00 250g	250g	30.00
SubTotal			ZMW 2,707.92

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	111.00 90kg bag(s)	2 90kg bag(s)	222.00
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	3 Tablet(s)	28.00
Wash soap (BOOM)	11.33 400g	4 400g	45.33
Jelly (Vaseline)	20.17 500ml	1 500ml	20.17
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	137.00 Month(s)	1 Month(s)	137.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	11.67 Pack of 10	2 Pack of 10	23.33
Toilet Paper (2ply)	3.50 Tissue(s)	6 Tissue(s)	21.00
Lotion (Dawn)	21.00 250ml	1 250ml	21.00
Subtotal			ZMW 2,495.34

Total for Basic Needs and Nutrition Basket

ZMW 5,203.27

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		
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		
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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,630.43	6,365.72	5,353.84.	4,893.93	6,077.84	5,203.27

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 May, 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 May Basic Needs Basket is approximately US\$401 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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Reports

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2020-05-31

Mazabuka May 2020 Basic Nutrition and Needs Basket Report

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