

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	104.00 25 kg bag	2 x 25Kg	207.99
Rice	77.40 5kg	4kg	61.92
Cassava Flour	20.26 1kg	6kg	121.57
(Sweet) Potatoes	6.52 1 Kg	4 Kg	26.08
Beans	26.49 1kg	3kg	79.48
Pounded Groundnut	85.01 1kg	1kg	85.01
Soya Pieces	42.56 1 kg	2kg	85.13
Beef	72.00 1kg	2kg	143.99
Chicken	100.79 2kg	5kg	251.98
Kapenta	224.87 1kg	1kg	224.87
Eggs	16.33 1 unit (10 eggs)	3 Trays (90 eggs)	147.00
Milk (Fresh)	13.60 500 ml	10 liters	271.94
Vegetables	502.52 40 Kg	40kg	502.52
Onion	23.76 1 Kg	4 Kg	95.04
Tomatoes	11.14 1 kg	6 kg	66.85
Banana	20.28 1 Kg	16 Kg	324.42
Other Fruits	23.62 1 kg	14 Kg	330.71
Cooking oil (2.5lts)	112.56 2.5lt	3.6lt	162.09
Salt	13.75 1 Kg	1 Kg	13.75
SubTotal			ZMW 3,202.34

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	192.00 90kg bag(s)	2 90kg bag(s)	384.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	41.99
Wash soap (BOOM)	15.40 400g	4 400g	61.58
Jelly (Vaseline)	50.40 500ml	1 500ml	50.40
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	24.50 Pack of 10	2 Pack of 10	48.99
Toilet Paper (2ply)	5.80 Tissue(s)	6 Tissue(s)	34.78
Lotion (Dawn)	33.60 400ml	1 400ml	33.60
Subtotal			ZMW 2,957.83

Total for Basic Needs and Nutrition Basket

ZMW 6,160.18

(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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

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 September, 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 September Basic Needs Basket is approximately US\$370 based upon the exchange rate Of K16.67. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Statements

Advocacy on Living Conditions

2021-09-30

Mazabuka September 2021 Basic Needs and Nutrition Basket Report

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