

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	100.20 25 kg bag	2 x 25Kg	200.39
Rice	64.60 5kg	4kg	51.68
Cassava Flour	12.68 1kg	6kg	76.09
(Sweet) Potatoes	10.60 1 Kg	4 Kg	42.38
Beans	29.43 1kg	3kg	88.28
Pounded Groundnut	89.45 1kg	1kg	89.45
Soya Pieces	40.15 1 kg	2kg	80.29
Beef	69.80 1kg	2kg	139.59
Chicken	91.19 2kg	5kg	227.98
Kapenta	352.56 1kg	1kg	352.56
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	164.99
Milk (Fresh)	12.55 500 ml	10 liters	250.95
Vegetables	932.86 40 Kg	40kg	932.86
Onion	8.81 1 Kg	4 Kg	35.25
Tomatoes	7.79 1 kg	6 kg	46.73
Banana	14.87 1 Kg	16 Kg	237.93
Other Fruits	9.42 1 kg	14 Kg	131.83
Cooking oil (2.5lts)	97.03 2.5lt	3.6lt	139.73
Salt	13.99 1 kg	1 Kg	13.99
Tea	54.39 250g	250g	54.39
<b>SubTotal</b>			<b>ZMW 3,357.35</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	153.00 90kg bag(s)	2 90kg bag(s)	306.00
Soap (Lifebuoy/Champion)	12.80 Tablet(s)	3 Tablet(s)	38.39
Wash soap (BOOM)	16.80 400g	4 400g	67.18
Jelly (Vaseline)	32.60 500ml	1 500ml	32.60
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	24.20 Pack of 10	2 Pack of 10	48.39
Toilet Paper (2ply)	5.40 Tissue(s)	6 Tissue(s)	32.38
Lotion (Dawn)	37.60 400ml	1 400ml	37.60
<b>Subtotal</b>			<b>ZMW 2,865.03</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 6,222.39**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

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

### 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 27<sup>th</sup> August, 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 August Basic Needs Basket is approximately US\$387 based upon the exchange rate Of K16.09. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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# Mazabuka December 2022 Basic Needs and Nutrition Basket Report

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