

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

September 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	103.33 25 kg bag	2 x 25Kg	206.66
Rice	100.50 5kg	4kg	80.40
Cassava Flour	10.22 1kg	6kg	61.35
(Sweet) Potatoes	7.79 1 Kg	4 Kg	31.15
Beans	37.92 1kg	3kg	113.76
Pounded Groundnut	32.36 1kg	1kg	32.36
Soya Pieces	46.10 1 kg	2kg	92.21
Beef	47.33 1kg	2kg	94.66
Chicken	64.66 2kg	5kg	161.65
Kapenta	348.35 1kg	1kg	348.35
Eggs	14.89 1 unit (10 eggs)	3 Trays (90 eggs)	133.99
Milk (Fresh)	7.42 500 ml	10 liters	148.32
Vegetables	873.80 40 Kg	40kg	873.80
Onion	7.60 1 Kg	4 Kg	30.38
Tomatoes	9.25 1 kg	6 kg	55.50
Banana	9.55 1 Kg	16 Kg	152.82
Other Fruits	20.76 1 kg	14 Kg	290.65
Cooking oil (2.5lts)	77.33 2.5lt	3.6lt	111.36
Salt	9.83 1 kg	1 Kg	9.83
Tea	35.99 250g	250g	35.99
<b>SubTotal</b>			<b>ZMW 3,065.17</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	112.50 90kg bag(s)	2 90kg bag(s)	225.00
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	3 Tablet(s)	27.99
Wash soap (BOOM)	14.00 400g	4 400g	55.99
Jelly (Vaseline)	28.77 500g	1 500g	28.77
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	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	5.33 Tissue(s)	6 Tissue(s)	31.98
Lotion (Dawn)	24.00 250ml	1 250ml	24.00
<b>Subtotal</b>			<b>ZMW 2,526.23</b>

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

**ZMW 5,591.40**

## (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)	1,200.00	Town to Kabobola	70.00
Grades 8-9 (User + PTA/year)	1,500.00	Town to Nakambala	35.00
Grades 10-12 (User + PTA/year)	2,400.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	50.00	Petrol (per litre)	17.62
Malaria test	20.00	Diesel (per litre)	15.59
Consultation Fee	10.00	Paraffin (per litre)	15.39

## (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
7,071.37	4,059.66	4,386.81	4,143.46	5,989.51	6,110.27	6,18.49	5,711.22	4,217.60	5,162.82	6,344.55	6,569.49	5,216.06	4,998.58	3,950.07	5,591.40

### This survey was 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, 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 September Basic Needs Basket is approximately US\$.280.064 based upon the exchange rate Of K19.9650. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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Statements

Advocacy on Living Conditions

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