

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mazabuka**

**February 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	111.67 25 kg bag	2 x 25Kg	223.33
Rice	133.33 5kg	4kg	106.67
Cassava Flour	45.33 1kg	6kg	271.95
(Sweet) Potatoes	1.69 1 Kg	4 Kg	6.74
Beans	35.09 1kg	3kg	105.27
Pounded Groundnut	67.32 1kg	1kg	67.32
Soya Pieces	33.58 1 kg	2kg	67.16
Beef	68.33 1kg	2kg	136.67
Chicken	73.33 2kg	5kg	183.33
Kapenta	224.27 1kg	1kg	224.27
Eggs	15.11 1 unit (10 eggs)	3 Trays (90 eggs)	136.00
Milk (Fresh)	12.33 500 ml	10 liters	246.67
Vegetables	605.95 40 Kg	40kg	605.95
Onion	16.53 1 Kg	4 Kg	66.12
Tomatoes	12.82 1 kg	6 kg	76.91
Banana	10.01 1 Kg	16 Kg	160.11
Other Fruits	7.32 1 kg	14 Kg	102.54
Cooking oil (2.5lts)	86.67 2.5lt	3.6lt	124.80
Salt	10.33 1 Kg	1 Kg	10.33
Tea	33.00 250g	250g	33.00
<b>SubTotal</b>			<b>ZMW 2,955.15</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	147.00 90kg bag(s)	2 90kg bag(s)	294.00
Soap (Lifebuoy/Champion)	10.33 Tablet(s)	3 Tablet(s)	31.00
Wash soap (BOOM)	14.67 400g	4 400g	58.67
Jelly (Vaseline)	31.33 500ml	1 500ml	31.33
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	14.33 Pack of 10	2 Pack of 10	28.67
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	26.00
Lotion (Dawn)	32.33 400ml	1 400ml	32.33
<b>Subtotal</b>			<b>ZMW 2,804.50</b>

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

**ZMW 5,759.64**

## (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 (Grades 1-7)	157.50		
School Uniform (Grades 8-12)	157.50		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.50	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
8,512.31	4,140.66	4,886.58	4,738.68	6,274.28	6,341.32	5,430.74	4,692.96	4,757.20	5,470.09	6,605.92	6,853.91	6,107.43	5,594.66	5,388.13	5,759.64

### 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> February, 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 February Basic Needs Basket is approximately US\$264 based upon the exchange rate Of K21.83 Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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