

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

February 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.33 25 kg bag	2 x 25Kg	280.67
Rice	83.33 5kg	4kg	66.67
(Sweet) Potatoes	7.32 1 Kg	4 Kg	29.28
Beans	77.04 1kg	3kg	231.12
Pounded Groundnut	63.29 1kg	1kg	63.29
Soya Pieces	36.41 1 kg	2kg	72.83
Beef	25.33 1kg	2kg	50.67
Chicken	55.13 2kg	5kg	137.83
Kapenta	473.56 1kg	1kg	473.56
Eggs	10.22 1 unit (10 eggs)	3 Trays (90 eggs)	92.00
Milk (Fresh)	7.50 500 ml	10 liters	150.00
Vegetables	331.89 40 Kg	40kg	331.89
Onion	7.59 1 Kg	4 Kg	30.37
Tomatoes	12.05 1 kg	6 kg	72.30
Banana	18.92 1 Kg	16 Kg	302.65
Other Fruits	34.88 1 kg	14 Kg	488.37
Cooking oil (2.5lts)	61.00 2.5lt	3.6lt	87.84
Salt	7.02 1 Kg	1 Kg	7.02
Tea	24.17 250g	250g	24.17
SubTotal			ZMW 2,992.51

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.00 90kg bag(s)	2 90kg bag(s)	174.00
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	23.33 500ml	1 500ml	23.33
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	135.00 Month(s)	1 Month(s)	135.00
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)	2.67 Tissue(s)	6 Tissue(s)	16.00
Lotion (Dawn)	23.33 250ml	1 250ml	23.33
Subtotal			ZMW 2,445.18

Total for Basic Needs and Nutrition Basket

ZMW 5,437.68

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
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
6,715.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,203.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5096.33	4387.82	5,122.10	5,437.68

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 24th February, 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 February Basic Needs Basket is approximately US\$370 based upon the exchange rate Of K14.71. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-02-28

Mazabuka February 2020 Basic Needs and Nutrition Basket Report

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