

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	107.20 25 kg bag	2 x 25Kg	214.40
Rice	83.60 5kg	4kg	66.88
Cassava Flour	26.56 1kg	6kg	159.34
(Irish) Potatoes	12.14 1 Kg	4 Kg	48.57
Beans	31.00 1kg	3kg	93.01
Pounded Groundnut	43.49 1kg	1kg	43.49
Soya Pieces	32.15 1 kg	2kg	64.31
Beef	78.60 1kg	2kg	157.19
Chicken	128.79 2kg	5kg	321.98
Kapenta	191.78 1kg	1kg	191.78
Eggs	17.53 1 unit (10 eggs)	3 Trays (90 eggs)	157.79
Milk (Fresh)	13.75 500 ml	10 liters	274.95
Vegetables	448.88 40 Kg	40kg	448.88
Onion	18.70 1 Kg	4 Kg	74.81
Tomatoes	10.61 1 kg	6 kg	63.66
Banana	14.99 1 Kg	16 Kg	239.92
Other Fruits	18.28 1 kg	14 Kg	255.91
Cooking oil (2.5lts)	125.80 2.5lt	3.6lt	181.15
Salt	11.20 1 Kg	1 Kg	11.20
Tea	13.60 250g	250g	13.60
SubTotal			ZMW 3,082.81

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	197.00 90kg bag(s)	2 90kg bag(s)	394.00
Soap (Lifebuoy/Champion)	13.50 Tablet(s)	3 Tablet(s)	40.49
Wash soap (BOOM)	15.50 400g	4 400g	61.99
Jelly (Vaseline)	40.50 500ml	1 500ml	40.50
Electricity (medium density)	336.00 Month(s)	1 Month(s)	336.00
Water & Sanitation (med - fixed)	161.00 Month(s)	1 Month(s)	161.00
Housing (3 bedroom)	1,953.33 Month(s)	1 Month(s)	1,953.33
Sanitary towels	24.25 Pack of 10	2 Pack of 10	48.50
Toilet Paper (2ply)	4.67 Tissue(s)	6 Tissue(s)	28.00
Lotion (Dawn)	31.25 400ml	1 400ml	31.25
Subtotal			ZMW 3,095.06
Total for Basic Needs and Nutrition Basket			ZMW 6,177.87

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Town to Kabobola	20.00
		Town to Nakambala	20.00
School Uniform	157.50		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54

(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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 25th January, 2022 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, Choppies and Shoprite super market and Schools, Clinics/hospitals, and filling stations around Mazabuka. The January Basic Needs and Nutrition Basket is approximately US\$347.07 based on the exchange rate of K17.80. Other costs would include personal care, clothing, recreation, etc.

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