

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.50 25 kg bag	2 x 25Kg	234.99
Rice	85.70 5kg	4kg	68.56
Cassava Flour	19.99 1kg	6kg	119.94
(Sweet) Potatoes	17.67 1 Kg	4 Kg	70.70
Beans	47.20 1kg	3kg	141.59
Pounded Groundnut	36.88 1kg	1kg	36.88
Soya Pieces	53.87 1 kg	2kg	107.74
Beef	73.50 1kg	2kg	146.99
Chicken	120.00 2kg	5kg	300.00
Kapenta	200.30 1kg	1kg	200.30
Eggs	23.75 1 unit (10 eggs)	3 Trays (90 eggs)	213.74
Milk (Fresh)	14.25 500 ml	10 liters	284.95
Vegetables	452.99 40 Kg	40kg	452.99
Onion	16.77 1 Kg	4 Kg	67.08
Tomatoes	12.58 1 kg	6 kg	75.48
Banana	17.41 1 Kg	16 Kg	278.52
Other Fruits	25.18 1 kg	14 Kg	352.52
Cooking oil (2.5lts)	126.25 2.5lt	3.6lt	181.80
Salt	11.40 1 Kg	1 Kg	11.40
Tea	15.00 250g	250g	15.00
Sub Total			ZMW 3,345.32

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.49
Wash soap (BOOM)	17.00 400g	4 400g	67.99
Jelly (Vaseline)	74.00 500ml	1 500ml	74.00
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	16.60 Pack of 10	2 Pack of 10	33.19
Toilet Paper (2ply)	4.25 Tissue(s)	6 Tissue(s)	25.50
Lotion (Dawn)	30.20 400ml	1 400ml	30.20
Subtotal			ZMW 3,078.70
Total for Basic Needs and Nutrition Basket			ZMW 6,725.60

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Town to Kabobola	20.00
		Town to Nakambala	20.00
School Uniform	157.50		
Health		Fuel (cost at the pump March, 2022)	
		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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

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\$ 382.13 based on the exchange rate of K17.60. Other costs would include personal care, clothing, recreation, etc.

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