

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.00 25 kg bag	2 x 25Kg	250.00
Rice	90.00 5kg	4kg	72.00
Cassava Flour	20.00 1kg	6kg	120.00
(Irish) Potatoes	18.00 1 Kg	4 Kg	72.00
Beans	50.11 1kg	3kg	150.33
Pounded Groundnut	35.45 1kg	1kg	35.45
Soya Pieces	55.00 1 kg	2kg	110.00
Beef	80.00 1kg	2kg	160.00
Chicken	118.00 2kg	5kg	295.00
Kapenta	210.00 1kg	1kg	210.00
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	450.00 40 Kg	40kg	450.00
Onion	18.99 1 Kg	4 Kg	75.96
Tomatoes	14.00 1 kg	6 kg	84.00
Banana	16.00 1 Kg	16 Kg	256.00
Other Fruits	21.00 1 kg	14 Kg	294.00
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	12.00 1 Kg	1 Kg	12.00
Tea	18.00 250g	250g	18.00
Sub Total			ZMW 3,365.94

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	178.00 90kg bag(s)	2 90kg bag(s)	356.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	18.00 400g	4 400g	72.00
Jelly (Vaseline)	65.00 500ml	1 500ml	65.00
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	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
Subtotal			ZMW 3,087.33
Total for Basic Needs and Nutrition Basket			ZMW 6,453.27

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
		Town to Kabobola	20.00
		Town to Nakambala	20.00
School Uniform	157.50		

Health

Transport (bus fare round

Item	Amount (ZMW)
Petrol (per litre)	26.50
Diesel (per litre)	26.22

(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
9,326.41	4,929.03	5046.50	5,046.50	7,419.56	7,786.89	5,580.39	5821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6453.27

This survey was conducted on 25th April, 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 April Basic Needs and Nutrition Basket is approximately US\$380.95 based on the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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