

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.00 25 kg bag	2 x 25Kg	260.00
Rice	97.66 5kg	4kg	78.13
(Sweet) Potatoes	17.00 1 Kg	4 Kg	68.00
Beans	39.78 1kg	3kg	119.34
Pounded Groundnut	50.00 1kg	1kg	50.00
Soya Pieces	49.77 1 kg	2kg	99.54
Beef	78.66 1kg	2kg	157.32
Chicken	100.00 2kg	5kg	250.00
Kapenta	200.01 1kg	1kg	200.01
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	466.67 40 Kg	40kg	466.67
Onion	11.78 1 Kg	4 Kg	47.12
Tomatoes	12.34 1 kg	6 kg	74.04
Banana	16.55 1 Kg	16 Kg	264.80
Other Fruits	19.78 1 kg	14 Kg	276.92
Cooking oil (2.5lts)	135.00 2.5lt	3.6lt	194.40
Salt	11.76 1 Kg	1 Kg	11.76
Tea	23.00 250g	250g	23.00
Sub Total			ZMW 3,106.04

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	175.00 90kg bag(s)	2 90kg bag(s)	350.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	18.00 400g	4 400g	72.00
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
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	34.00 400ml	1 400ml	34.00
Subtotal			ZMW 3,067.33
Total for Basic Needs and Nutrition Basket			ZMW 6,173.37

(C) SOME OTHER ADDITIONAL COSTS

(D) Education

Item	Amount (ZMW)	Transport (bus fare round)	Item	Amount (ZMW)
			Town to Kabobola	20.00
			Town to Nakambala	20.00
School Uniform	157.50			

Health

Fuel (cost at the pump May, 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.95
Diesel (per litre)	25.64

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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27th June 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 June Basic Needs and Nutrition Basket is approximately US\$ 347.99 based on the exchange rate of K17.74. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka