

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.00 25 kg bag	2 x 25Kg	270.00
Rice	120.67 5kg	4kg	96.54
(Irish) Potatoes	12.56 1 Kg	4 Kg	50.24
Beans	39.00 1kg	3kg	117.00
Pounded Groundnut	42.15 1kg	1kg	42.15
Soya Pieces	50.98 1 kg	2kg	101.96
Beef	78.55 1kg	2kg	157.10
Chicken	100.00 2kg	5kg	250.00
Kapenta	210.54 1kg	1kg	210.54
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	13.50 500 ml	10 liters	270.00
Vegetables	400.00 40 Kg	40kg	400.00
Onion	11.00 1 Kg	4 Kg	44.00
Tomatoes	10.45 1 kg	6 kg	62.70
Banana	16.55 1 Kg	16 Kg	264.80
Other Fruits	24.88 1 kg	14 Kg	348.32
Cooking oil (2.5lts)	122.00 2.5lt	3.6lt	175.68
Salt	11.00 1 Kg	1 Kg	11.00
Tea	20.11 250g	250g	20.11
Sub Total			ZMW 3,072.14

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	160.22 90kg bag(s)	2 90kg bag(s)	320.44
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.50
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)	45.00 500ml	1 500ml	45.00
Sanitary towels	18.20 Pack of 10	2 Pack of 10	36.40
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	35.12 400ml	1 400ml	35.12
Subtotal			ZMW 3,047.79
Total for Basic Needs and Nutrition Basket			ZMW 6,119.93

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
School Uniform	157.50

Transport (bus fare round

Item	Amount (ZMW)
Town to Kabobola	21.00
Town to Nakambala	21.00

Health

Fuel (cost at the pumpSept., 2022)

Item	Amount (ZMW)
Petrol (per litre)	21.54
Diesel (per litre)	23.12
Paraffin (per litre)	16.71

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September 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 September Basic Needs and Nutrition Basket is approximately US\$392.42 based on the exchange rate of K15.72. Other costs would include personal care, clothing, recreation, etc.

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