

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.80 25 kg bag	2 x 25Kg	259.60
Rice	120.42 5kg	4kg	96.34
Irish Potatoes	13.54 1 Kg	4 Kg	54.17
Beans	34.00 1kg	3kg	102.01
Pounded Groundnut	44.56 1kg	1kg	44.56
Soya Pieces	62.27 1 kg	2kg	124.54
Beef	72.00 1kg	2kg	143.99
Chicken	104.19 2kg	5kg	260.48
Kapenta	183.78 1kg	1kg	183.78
Eggs	19.80 1 unit (10 eggs)	3 Trays (90 eggs)	178.19
Milk (Fresh)	13.00 500 ml	10 liters	259.92
Vegetables	371.14 40 Kg	40kg	371.14
Onion	15.13 1 Kg	4 Kg	60.51
Tomatoes	7.40 1 kg	6 kg	44.41
Banana	11.19 1 Kg	16 Kg	179.05
Other Fruits	21.71 1 kg	14 Kg	303.93
Cooking oil (2.5lts)	117.00 2.5lt	3.6lt	168.47
Salt	11.40 1 Kg	1 Kg	11.40
Tea	30.49 250g	250g	30.49
Sub Total			ZMW 2,876.98

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	163.33 90kg bag(s)	2 90kg bag(s)	326.67
Soap (Lifebuoy/Champion)	14.41 Tablet(s)	3 Tablet(s)	43.24
Wash soap (BOOM)	17.66 400g	4 400g	70.65
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)	47.66 500ml	1 500ml	47.66
Sanitary towels	17.50 Pack of 10	2 Pack of 10	34.99
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	29.97
Lotion (Dawn)	31.00 400ml	1 400ml	31.00
Subtotal			ZMW 3,034.51
Total for Basic Needs and Nutrition Basket			ZMW 5,911.49

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Item	Amount (ZMW)
			Town to Kabobola	21.00
			Town to Nakambala	21.00
School Uniform	157.50			

Health

Fuel (cost at the pump Oct., 2022)

Item	Amount (ZMW)
Petrol (per litre)	22.71
Diesel (per litre)	26.16
Paraffin (per litre)	16.06

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25th October 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 October Basic Needs and Nutrition Basket is approximately US\$353.76 based on the exchange rate of K16.71. Other costs would include personal care, clothing, recreation, etc.

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