

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	137.33 25 kg bag	2 x 25Kg	274.67
Rice	84.28 5kg	4kg	67.42
(Sweet) Potatoes	7.52 1 Kg	4 Kg	30.07
Beans	18.66 1kg	3kg	55.98
Pounded Groundnut	26.29 1kg	1kg	26.29
Soya Pieces	43.18 1 kg	2kg	86.36
Beef	34.67 1kg	2kg	69.33
Chicken	46.67 2kg	5kg	116.67
Kapenta	135.12 1kg	1kg	135.12
Eggs	13.33 1 unit (10 eggs)	3 Trays (90 eggs)	120.00
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	145.17 40 Kg	40kg	145.17
Onion	7.56 1 Kg	4 Kg	30.25
Tomatoes	4.23 1 kg	6 kg	25.38
Banana	10.08 1 Kg	16 Kg	161.21
Other Fruits	12.48 1 kg	14 Kg	174.78
Cooking oil (2.5lts)	55.00 2.5lt	3.6lt	79.20
Salt	8.33 1 Kg	1 Kg	8.33
Subtotal			ZMW 1,766.22

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	105.00 90kg bag(s)	2 90kg bag(s)	210.00
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	21.33 500ml	1 500ml	21.33
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	1,800.00 Month(s)	1 Month(s)	1,800.00
Sanitary towels	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	27.00
Lotion (Dawn)	19.00 250ml	1 250ml	19.00
Subtotal			ZMW 2,475.33
Total for Basic Needs Basket			ZMW 4,241.56

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Town to Kabobola	25.00
School Uniform (Grades 1-7)	150.00	Town to Nakambala	20.00
School Uniform (Grades 8-12)	150.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	20.00	Petrol (per litre)	15.98
Mosquito net (private)	20.00	Diesel (per litre)	14.23
		Paraffin (per litre)	11.34

(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
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples and Oranges.

This survey was conducted on 27th November, 2019 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 Makambala Market, Kabobola Market, Town Market and Schools, clinics/hospitals, and filling stations around Lusaka. The November Basic Needs Basket is approximately US\$290 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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