

JCTR BASIC NEEDS AND NUTRITION BASKET

Mazabuka

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.67 25 kg bag	2 x 25Kg	283.33
Rice	88.33 5kg	4kg	70.67
(Sweet) Potatoes	6.18 1 Kg	4 Kg	24.71
Beans	31.88 1kg	3kg	95.63
Pounded Groundnut	67.94 1kg	1kg	67.94
Soya Pieces	40.94 1 kg	2kg	81.87
Beef	28.67 1kg	2kg	57.33
Chicken	63.33 2kg	5kg	158.33
Kapenta	151.23 1kg	1kg	151.23
Eggs	11.78 1 unit (10 eggs)	3 Trays (90 eggs)	106.00
Milk (Fresh)	8.33 500 ml	10 liters	166.67
Vegetables	474.25 40 Kg	40kg	474.25
Onion	23.53 1 Kg	4 Kg	94.10
Tomatoes	8.86 1 kg	6 kg	53.14
Banana	10.72 1 Kg	16 Kg	171.59
Other Fruits	23.88 1 kg	14 Kg	334.29
Cooking oil (2.5lts)	66.78 2.5lt	3.6lt	96.16
Salt	14.62 1 Kg	1 Kg	14.62
Tea	27.50 250g	250g	27.50
SubTotal			ZMW 2,529.36

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	117.00 90kg bag(s)	2 90kg bag(s)	234.00
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	3 Tablet(s)	28.00
Wash soap (BOOM)	10.67 400g	4 400g	42.67
Jelly (Vaseline)	22.50 500ml	1 500ml	22.50
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	125.00 Month(s)	1 Month(s)	125.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	13.67 Pack of 10	2 Pack of 10	27.33
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	20.67 250ml	1 250ml	20.67
Subtotal			ZMW 2,507.68

Total for Basic Needs and Nutrition Basket

ZMW 5,037.03

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	200.00	Town to Kabobola	70.00
Grades 8-9 (User + PTA/year)	700.00	Town to Nakambala	35.00
Grades 10-12 (User + PTA/year)	3,000.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	50.00	Diesel (per litre)	15.59
Malaria test	20.00	Paraffin (per litre)	15.39
Consultation Fee	10.00		

(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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

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, Guavas and Oranges.

This survey was conducted on 27th June, 2020 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 and Schools, clinics/hospitals, and filling stations around Mazabuka. The June Basic Needs Basket is approximately US\$279 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc

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