

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

July 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	128.00 5kg	4kg	102.40
Cassava Flour	15.67 1kg	6kg	94.02
(Sweet) Potatoes	13.45 1 Kg	4 Kg	53.80
Beans	39.00 1kg	3kg	117.00
Pounded Groundnut	28.76 1kg	1kg	28.76
Soya Pieces	38.22 1 kg	2kg	76.44
Beef	74.44 1kg	2kg	148.88
Chicken	100.00 2kg	5kg	250.00
Kapenta	130.99 1kg	1kg	130.99
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	488.89 40 Kg	40kg	488.89
Onion	15.00 1 Kg	4 Kg	60.00
Tomatoes	11.00 1 kg	6 kg	66.00
Banana	15.65 1 Kg	16 Kg	250.40
Other Fruits	22.00 1 kg	14 Kg	308.00
Cooking oil (2.5lts)	129.89 2.5lt	3.6lt	187.04
Salt	11.50 1 Kg	1 Kg	11.50
Tea	18.00 250g	250g	18.00
<b>Sub Total</b>			<b>ZMW 3,127.12</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	160.00 90kg bag(s)	2 90kg bag(s)	320.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	440.00 Month(s)	1 Month(s)	440.00
Water & Sanitation (med - fixed)	169.50 Month(s)	1 Month(s)	169.50
Housing (3 bedroom)	1,486.66 Month(s)	1 Month(s)	1,486.66
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	6.70 Tissue(s)	6 Tissue(s)	40.20
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,716.36</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,843.48</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School uniform (grade 8-12)	174.00

### **Transport (bus fare round**

Item	Amount (ZMW)
Chilonga-Town	120.00

### **Health**

### **Fuel (cost at the pump, June 2022)**

Item	Amount (ZMW)
Petrol (per litre)	24.95
Diesel (per litre)	25.64
Paraffin (per litre)	21.27

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 27<sup>th</sup> 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 Musakanya, Kamwanya, , New Tazara, Chitulika, Chilongo, and Schools, clinics/hospitals, and filling stations around Lusaka. The June Basic Needs and Nutrition Basket is approximately US\$333.84 based upon the exchange rate of K17.64. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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2022-07-31

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