

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	143.00 25 kg bag	2 x 25Kg	286.00
Rice	130.70 5kg	4kg	104.56
Cassava Flour	11.03 1kg	6kg	66.15
(Sweet) Potatoes	12.39 1 Kg	4 Kg	49.56
Beans	41.13 1kg	3kg	123.38
Pounded Groundnut	42.99 1kg	1kg	42.99
Soya Pieces	47.76 1 kg	2kg	95.51
Beef	71.90 1kg	2kg	143.80
Chicken	104.93 2kg	5kg	262.32
Kapenta	184.56 1kg	1kg	184.56
Eggs	18.27 1 unit (10 eggs)	3 Trays (90 eggs)	164.39
Milk (Fresh)	16.80 500 ml	10 liters	335.96
Vegetables	442.67 40 Kg	40kg	442.67
Onion	17.76 1 Kg	4 Kg	71.05
Tomatoes	17.47 1 kg	6 kg	104.80
Banana	13.50 1 Kg	16 Kg	216.00
Other Fruits	22.91 1 kg	14 Kg	320.80
Cooking oil (2.5lts)	136.00 2.5lt	3.6lt	195.84
Salt	12.50 1 Kg	1 Kg	12.50
Tea	15.33 250g	250g	15.33
<b>Sub Total</b>			<b>ZMW 3,238.16</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	166.25 90kg bag(s)	2 90kg bag(s)	332.50
Soap (Lifebuoy/Champion)	16.75 Tablet(s)	3 Tablet(s)	50.25
Wash soap (BOOM)	19.50 400g	4 400g	78.00
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	140.00 Month(s)	1 Month(s)	140.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	54.00 500ml	1 500ml	54.00
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	46.00 400ml	1 400ml	46.00
<b>Subtotal</b>			<b>ZMW 2,061.75</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,299.91</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	232.00

### **Transport (bus fare round trip)**

Item	Amount (ZMW)
Border-Town	21.50
Gonder-Town	21.50
Kapata-Town	11.50

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	23.19

Diesel (per litre)

24.87

Paraffin (per litre)

18.43

**(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25<sup>th</sup> August, 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 Kapata market, Nabvutika market, Saturday market, Kaumbwe market, Shoprite and Magazine market and Schools, clinics/hospitals, and filling stations around Chipata. The August Basic Needs and Nutrition Basket is approximately US\$333.32 based on the exchange rate of K15.90 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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2022-08-31

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