

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.00 25 kg bag	2 x 25Kg	260.00
Rice	122.74 5kg	4kg	98.20
Cassava Flour	14.71 1kg	6kg	88.27
(Sweet) Potatoes	12.10 1 Kg	4 Kg	48.40
Beans	35.51 1kg	3kg	106.54
Pounded Groundnut	30.15 1kg	1kg	30.15
Soya Pieces	37.08 1 kg	2kg	74.17
Beef	78.75 1kg	2kg	157.50
Chicken	100.00 2kg	5kg	250.00
Kapenta	125.08 1kg	1kg	125.08
Eggs	19.17 1 unit (10 eggs)	3 Trays (90 eggs)	172.50
Milk (Fresh)	16.50 500 ml	10 liters	330.00
Vegetables	439.56 40 Kg	40kg	439.56
Onion	14.60 1 Kg	4 Kg	58.39
Tomatoes	11.92 1 kg	6 kg	71.54
Banana	16.52 1 Kg	16 Kg	264.36
Other Fruits	25.81 1 kg	14 Kg	361.29
Cooking oil (2.5lts)	126.67 2.5lt	3.6lt	182.40
Salt	9.83 1 Kg	1 Kg	9.83
Tea	23.75 250g	250g	23.75
<b>Sub Total</b>			<b>ZMW 3,151.92</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	128.33 90kg bag(s)	2 90kg bag(s)	256.67
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
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)	60.00 500ml	1 500ml	60.00
Sanitary towels	40.00 Pack of 10	2 Pack of 10	80.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	45.00 400ml	1 400ml	45.00
<b>Subtotal</b>			<b>ZMW 2,701.83</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,853.75</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, 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 Musakanya, Kamwanya, , New Tazara, Chitulika, Chilongo, and Schools, clinics/hospitals, and filling stations around Lusaka. The August Basic Needs and Nutrition Basket is approximately US\$368.16 based upon the exchange rate of K15.90 Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

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

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2022-08-31

# Mpika August 2022 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/1044>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*