

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.20 25 kg bag	2 x 25Kg	250.40
Rice	94.04 5kg	4kg	75.23
Cassava Flour	6.34 1kg	6kg	38.04
(Sweet) Potatoes	10.90 1 Kg	4 Kg	43.61
Beans	17.95 1kg	3kg	53.85
Pounded Groundnut	24.86 1kg	1kg	24.86
Soya Pieces	10.00 1 kg	2kg	20.00
Beef	52.60 1kg	2kg	105.20
Chicken	122.00 2kg	5kg	305.00
Kapenta	40.06 1kg	1kg	40.06
Eggs	18.87 1 unit (10 eggs)	3 Trays (90 eggs)	169.80
Milk (Fresh)	9.40 500 ml	10 liters	188.00
Vegetables	317.30 40 Kg	40kg	317.30
Onion	12.94 1 Kg	4 Kg	51.78
Tomatoes	8.36 1 kg	6 kg	50.14
Cooking oil (2.5lts)	132.00 2.5lt	3.6lt	190.08
Salt	13.40 1 Kg	1 Kg	13.40
Tea	28.40 250g	250g	28.40
Sub Total			ZMW 1,965.16

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	PriceZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	256.25 90kg bag(s)	2 90kg bag(s)	512.50
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	18.33 400g	4 400g	73.33
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20 Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1350.00 Month(s)	1 Month(s)	1350.00
Jelly (Vaseline)	30.00 500ml	1 500ml	30.00
Sanitary towels	21.00 Pack of 10	2 Pack of 10	62.00
Toilet Paper (2ply)	5.33 Tissue(s)	6 Tissue(s)	32.00
Lotion (Dawn)	38.33 400ml	1 400ml	38.33
Subtotal			ZMW 2,485.37
Total for Basic Needs and Nutrition Basket			ZMW 4,450.53

(C) SOME OTHER ADDITIONAL COSTS

(Education

Item	Amount (ZMW)
School Uniform (Grades 8-12)	240.00

Transport (bus fare round

Item	Amount (ZMW)
Maiteneke - Town	22.00
Kaole- town	18.00

Health

Item	Amount (ZMW)
Registration (book)	5.00

Fuel (cost at the pump)

Item (August, 2022)	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 27th June 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$.283.29 based upon the exchange rate Of K15.71. Other costs Would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Advocacy on Living Conditions

2022-09-30

Mansa September 2022 Basic Needs and Nutrition Basket Report

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