

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	172.50 25 kg bag	2 x 25Kg	345.00
Rice	114.04 5kg	4kg	91.23
Cassava Flour	10.95 1kg	6kg	65.71
(Irish) Potatoes	11.85 1 Kg	4 Kg	47.42
Beans	33.93 1kg	3kg	101.79
Pounded Groundnut	41.30 1kg	1kg	41.30
Soya Pieces	22.88 1 kg	2kg	45.76
Beef	81.00 1kg	2kg	162.00
Chicken	100.00 2kg	5kg	250.00
Kapenta	141.44 1kg	1kg	141.44
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	446.94 40 Kg	40kg	446.94
Onion	15.37 1 Kg	4 Kg	61.48
Tomatoes	18.23 1 kg	6 kg	109.40
Banana	16.14 1 Kg	16 Kg	258.26
Other Fruits	20.00 1 kg	14 Kg	280.00
Cooking oil (2.5lts)	100.00 2.5lt	3.6lt	144.00
Salt	8.00 1 Kg	1 Kg	8.00
Tea	26.25 250g	250g	26.25
Sub Total			ZMW 3,045.98

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	148.75 90kg bag(s)	2 90kg bag(s)	297.50
Soap (Lifebuoy/Champion)	9.00 Tablet(s)	3 Tablet(s)	27.00
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	185.00 Month(s)	1 Month(s)	185.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Sanitary towels	35.00 Pack of 10	2 Pack of 10	70.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
Subtotal			ZMW 2,052.50
Total for Basic Needs and Nutrition Basket			ZMW 5,098.48

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
School Uniform (Grades 8-12)	450.00

Transport (bus fare round trip)

Item	Amount (ZMW)
Chibesa-Town	147.00
Turn off-Town	147.00

Health

Fuel (cost at the pump Sept, 2022)

Item	Amount (ZMW)
Petrol (per litre)	22.74
Diesel (per litre)	26.16

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25th October, 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 Kalungu, Kabatamba, New and Old market as well as Schools, clinics/hospitals, and filling stations around Chinsali. The October Basic Needs and Nutrition Basket is approximately US\$ 305.1156 based on the exchange rate of K16.71 other costs would include personal care, clothing, recreation, etc.

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2022-10-31

Chinsali October 2022 Basic Needs and Nutrition Basket Report

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