

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.00 25 kg bag	2 x 25Kg	282.00
Rice	109.26 5kg	4kg	87.41
Cassava Flour	27.78 1kg	6kg	166.67
(Irish) Potatoes	11.72 1 Kg	4 Kg	46.89
Beans	34.18 1kg	3kg	102.55
Pounded Groundnut	49.09 1kg	1kg	49.09
Soya Pieces	41.67 1 kg	2kg	83.33
Beef	69.83 1kg	2kg	139.66
Chicken	118.65 2kg	5kg	296.63
Kapenta	183.53 1kg	1kg	183.53
Eggs	16.89 1 unit (10 eggs)	3 Trays (90 eggs)	152.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	483.45 40 Kg	40kg	483.45
Onion	23.57 1 Kg	4 Kg	94.28
Tomatoes	17.93 1 kg	6 kg	107.55
Banana	18.62 1 Kg	16 Kg	297.87
Other Fruits	20.00 1 kg	14 Kg	280.00
Cooking oil (2.5lts)	129.17 2.5lt	3.6lt	186.00
Salt	9.70 1 Kg	1 Kg	9.70
Tea	31.11 250g	250g	31.11
<b>Sub Total</b>			<b>ZMW 3,359.71</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	179.00 90kg bag(s)	2 90kg bag(s)	358.00
Soap (Lifebuoy/Champion)	13.60 Tablet(s)	3 Tablet(s)	40.79
Wash soap (BOOM)	15.13 400g	4 400g	60.50
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)	37.71 500ml	1 500ml	37.71
Sanitary towels	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	5.25 Tissue(s)	6 Tissue(s)	31.50
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 2,016.50</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,376.21</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 Oct, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	22.74

Diesel (per litre)

26.16

Paraffin (per litre)

16.06

**(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 25<sup>th</sup> October, 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 October Basic Needs and Nutrition Basket is approximately US\$321.73 based on the exchange rate of K16.71 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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