

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.00 25 kg bag	2 x 25Kg	250.00
Rice	123.67 5kg	4kg	98.94
Cassava Flour	17.92 1kg	6kg	107.50
(Irish) Potatoes	13.47 1 Kg	4 Kg	53.87
Beans	15.60 1kg	3kg	46.80
Pounded Groundnut	32.83 1kg	1kg	32.83
Soya Pieces	38.09 1 kg	2kg	76.18
Beef	79.40 1kg	2kg	158.80
Chicken	94.27 2kg	5kg	235.67
Kapenta	167.57 1kg	1kg	167.57
Eggs	18.73 1 unit (10 eggs)	3 Trays (90 eggs)	168.60
Milk (Fresh)	16.60 500 ml	10 liters	332.00
Vegetables	556.69 40 Kg	40kg	556.69
Onion	14.08 1 Kg	4 Kg	56.30
Tomatoes	11.76 1 kg	6 kg	70.53
Banana	15.91 1 Kg	16 Kg	254.55
Other Fruits	25.11 1 kg	14 Kg	351.56
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	10.70 1 Kg	1 Kg	10.70
Tea	40.80 250g	250g	40.80
Sub Total			ZMW 3,257.09

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	15.20 Tablet(s)	3 Tablet(s)	48.60
Wash soap (BOOM)	19.60 400g	4 400g	74.40
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)	72.00 500ml	1 500ml	72.00
Sanitary towels	40.00 Pack of 10	2 Pack of 10	80.00
Toilet Paper (2ply)	14.00 Tissue(s)	6 Tissue(s)	84.00
Lotion (Dawn)	49.00 400ml	1 400ml	49.00
Subtotal			ZMW 2,750.16
Total for Basic Needs and Nutrition Basket			ZMW 6,007.25

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Item	Amount (ZMW)
School uniform (grade 8-12)	174.00	Chilonga-Town		120.00

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 25th 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 Musakanya, Kamwanya, , New Tazara, Chitulika, Chilongo, and Schools, clinics/hospitals, and filling stations around Mpika The October Basic Needs and Nutrition Basket is approximately US\$366.50 based upon the exchange rate of K16.71 Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2022-10-31

Mpika October 2022 Basic Needs and Nutrition Basket Report

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