

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	189.25 25 kg bag	2 x 25Kg	378.50
Rice	78.23 5kg	4kg	62.58
Cassava Flour	9.35 1kg	6kg	56.09
Irish Potatoes	14.37 1 Kg	4 Kg	57.50
Beans	32.30 1kg	3kg	96.90
Pounded Groundnut	39.17 1kg	1kg	39.17
Soya Pieces	38.42 1 kg	2kg	76.83
Beef	90.00 1kg	2kg	180.00
Chicken	108.33 2kg	5kg	270.83
Kapenta	138.56 1kg	1kg	138.56
Eggs	25.00 1 unit (10 eggs)	3 Trays (90 eggs)	225.00
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	424.82 40 Kg	40kg	424.82
Onion	14.65 1 Kg	4 Kg	58.62
Tomatoes	22.06 1 kg	6 kg	132.35
Banana	18.90 1 Kg	16 Kg	302.35
Other Fruits	5.00 1 kg	14 Kg	70.00
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	10.00 1 Kg	1 Kg	10.00
Tea	30.00 250g	250g	30.00
<b>SubTotal</b>			<b>ZMW 2,939.69</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	148.00 90kg bag(s)	2 90kg bag(s)	296.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
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	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,025.00</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,964.00**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grades 8-12)	450.00	Chibesa-Town	147.00
		Turn off-Town	147.00
<b>Health</b>		<b>Fuel (cost at the pump Sept, 2022)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38
		Paraffin (per litre)	19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25<sup>th</sup> November, 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 November Basic Needs and Nutrition Basket is approximately US\$ 288.28 based on the exchange rate of K 17.22 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>**

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