

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

November 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	124.70 5kg	4kg	99.76
Cassava Flour	18.74 1kg	6kg	112.46
Irish Potatoes	13.45 1 Kg	4 Kg	53.80
Beans	21.21 1kg	3kg	63.64
Pounded Groundnut	33.57 1kg	1kg	33.57
Soya Pieces	38.92 1 kg	2kg	77.83
Beef	80.00 1kg	2kg	160.00
Chicken	95.45 2kg	5kg	238.61
Kapenta	157.64 1kg	1kg	157.64
Eggs	18.67 1 unit (10 eggs)	3 Trays (90 eggs)	168.00
Milk (Fresh)	16.60 500 ml	10 liters	332.00
Vegetables	497.22 40 Kg	40kg	497.22
Onion	15.13 1 Kg	4 Kg	60.51
Tomatoes	12.01 1 kg	6 kg	72.07
Banana	16.00 1 Kg	16 Kg	255.93
Other Fruits	15.71 1 kg	14 Kg	219.87
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	10.70 1 Kg	1 Kg	10.70
Tea	51.50 250g	250g	51.50
<b>SubTotal</b>			<b>ZMW 3,102.32</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	187.20 90kg bag(s)	2 90kg bag(s)	374.40
Soap (Lifebuoy/Champion)	15.40 Tablet(s)	3 Tablet(s)	46.20
Wash soap (BOOM)	19.60 400g	4 400g	78.40
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 250ml	72.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	14.00 Tissue(s)	6 Tissue(s)	84.00
Lotion (Dawn)	42.00 250ml	1 250ml	42.00
<b>Subtotal</b>			<b>ZMW 2,832.76</b>

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

**ZMW 5,935.08**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School uniform (grade 8-12)	174.00	Chilonga-Town	120.00
<b>Health</b>		<b>Fuel (cost at the pump, Oct, 2022)</b>	
		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 Musakanya, Kamwanya, New Tazara, Chitulika, Chilongo as well as Schools, clinics/hospitals, and filling stations around Mpika. The November Basic Needs and Nutrition Basket is approximately US\$ 344.68 based on the exchange rate of K 17.22 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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