

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.50 25 kg bag	2 x 25Kg	265.00
Rice	74.25 5kg	4kg	59.40
Cassava Flour	9.45 1kg	6kg	56.71
(Sweet) Potatoes	16.51 1 Kg	4 Kg	66.06
Beans	18.56 1kg	3kg	55.67
Pounded Groundnut	17.55 1kg	1kg	17.55
Soya Pieces	43.04 1 kg	2kg	86.09
Beef	87.50 1kg	2kg	175.00
Chicken	105.00 2kg	5kg	262.50
Kapenta	109.28 1kg	1kg	109.28
Eggs	18.75 1 unit (10 eggs)	3 Trays (90 eggs)	168.75
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	464.90 40 Kg	40kg	464.90
Onion	24.83 1 Kg	4 Kg	99.31
Tomatoes	20.16 1 kg	6 kg	120.95
Banana	25.60 1 Kg	16 Kg	409.52
Other Fruits	10.00 1 kg	14 Kg	140.00
Cooking oil (2.5lts)	95.00 2.5lt	3.6lt	136.80
Salt	18.00 1 Kg	1 Kg	18.00
Tea	30.00 250g	250g	30.00
<b>Sub Total</b>			<b>ZMW 3,041.49</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	162.50 90kg bag(s)	2 90kg bag(s)	325.00
Soap (Lifebuoy/Champion)	13.25 Tablet(s)	3 Tablet(s)	39.75
Wash soap (BOOM)	15.25 400g	4 400g	61.00
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
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
Sanitary towels	17.75 Pack of 10	2 Pack of 10	35.50
Sanitary towels	17.75 Pack of 10	2 Pack of 10	35.50
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00

**Subtotal** **ZMW 2030.25**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,071.74**

## (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	150.00
		Turn off-Town	150.00

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93
		Paraffin (per litre)	15.39

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25<sup>th</sup> January 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 Kalungu, Kabatamba, New and Old market as well as Schools, clinics/hospitals, and filling stations around Chinsali. The January Basic Needs and Nutrition Basket is approximately US\$276.08 based on the exchange rate of K18.37 other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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