

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.80 25 kg bag	2 x 25Kg	233.60
Rice	85.68 5kg	4kg	68.54
Cassava Flour	26.65 1kg	6kg	159.90
(Sweet) Potatoes	17.13 1 Kg	4 Kg	68.51
Beans	26.86 1kg	3kg	80.57
Pounded Groundnut	41.40 1kg	1kg	41.40
Soya Pieces	49.98 1 kg	2kg	99.96
Beef	75.00 1kg	2kg	150.00
Chicken	122.83 2kg	5kg	307.08
Kapenta	124.94 1kg	1kg	124.94
Eggs	18.00 1 unit (10 eggs)	3 Trays (90 eggs)	162.00
Milk (Fresh)	18.08 500 ml	10 liters	361.63
Vegetables	593.81 40 Kg	40kg	593.81
Onion	23.55 1 Kg	4 Kg	94.20
Tomatoes	22.74 1 kg	6 kg	136.43
Banana	21.49 1 Kg	16 Kg	343.79
Other Fruits	5.00 1 kg	14 Kg	70.00
Cooking oil (2.5lts)	123.92 2.5lt	3.6lt	178.44
Salt	12.00 1 Kg	1 Kg	12.00
Tea	21.62 250g	250g	21.62
<b>Sub Total</b>			<b>ZMW 3,308.42</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	193.80 90kg bag(s)	2 90kg bag(s)	387.60
Soap (Lifebuoy/Champion)	15.42 Tablet(s)	3 Tablet(s)	46.25
Wash soap (BOOM)	17.17 400g	4 400g	60.16
Jelly (Vaseline)	42.75 500ml	1 500ml	42.75
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	140.00 Month(s)	1 Month(s)	420.00
Housing (3 bedroom)	1,750.60 Month(s)	1 Month(s)	1,750.60
Sanitary towels	17.90 Pack of 10	2 Pack of 10	35.80
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	26.00
Lotion (Dawn)	35.50 400ml	1 400ml	35.50
<b>Subtotal</b>			<b>ZMW2, 975.65</b>

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

**ZMW 6,284.07**

## (C) SOME OTHER ADDITIONAL COSTS

Education	Amount (ZMW)	Transport (bus fare round)	Amount (ZMW)
Item		Item	
		Border-Town	20.00
		Gonder-Town	20.00
		Kapata-Town	10.00
School Uniform (Grades 8-12)	232.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	19.84

Diesel (per litre)

18.93

Paraffin (per litre)

15.39

**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 Kapata market, Nabvutika market, Saturday market, Kaumbwe market, shoprite and Magazine market and Schools, clinics/hospitals, and filling stations around Chipata. The January Basic Needs and Nutrition Basket is approximately US\$342.08 based on the exchange rate of K18.37 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>**

---

Reports

Advocacy on Living Conditions

---

2022-01-31

# Chipata January 2022 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/1126>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*