

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	133.00 25 kg bag	2 x 25Kg	266.00
Rice	98.77 5kg	4kg	79.02
(Irish) Potatoes	12.32 1 Kg	4 Kg	49.29
Beans	25.49 1kg	3kg	76.46
Pounded Groundnut	48.57 1kg	1kg	48.57
Soya Pieces	51.95 1 kg	2kg	103.90
Beef	73.63 1kg	2kg	147.25
Chicken	126.25 2kg	5kg	315.63
Kapenta	162.50 1kg	1kg	162.50
Eggs	17.75 1 unit (10 eggs)	3 Trays (90 eggs)	159.75
Milk (Fresh)	18.75 500 ml	10 liters	375.00
Vegetables	573.09 40 Kg	40kg	493.09
Onion	23.70 1 Kg	4 Kg	94.79
Tomatoes	18.39 1 kg	6 kg	110.35
Banana	19.24 1 Kg	16 Kg	307.81
Other Fruits	23.00 1 kg	14 Kg	322.00
Cooking oil (2.5lts)	134.75 2.5lt	3.6lt	194.04
Salt	11.00 1 Kg	1 Kg	11.00
Tea	19.67 250g	250g	14.67
<b>Sub Total</b>			<b>ZMW 3,435.11</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	211.00 90kg bag(s)	2 90kg bag(s)	422.00
Soap (Lifebuoy/Champion)	16.17 Tablet(s)	3 Tablet(s)	48.50
Wash soap (BOOM)	20.67 400g	4 400g	82.67
Jelly (Vaseline)	50.00 500ml	1 500ml	50.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 2,758.17</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,193.28</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Border-Town	20.00
		Gonder-Town	20.00
		Kapata-Town	10.00
School Uniform (Grades 8-12)	232.00		
<i>Health</i>		<i>Fuel (cost at the pump March, 2022)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54
		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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

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\$ 351.89 based on the exchange rate of K17.60 other costs would include personal care, clothing, recreation, etc.

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**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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