

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	128.33 25 kg bag	2 x 25Kg	256.67
Rice	147.11 5kg	4kg	117.69
Cassava Flour	16.39 1kg	6kg	98.33
(Irish) Potatoes	16.09 1 Kg	4 Kg	64.36
Beans	23.83 1kg	3kg	71.50
Pounded Groundnut	19.86 1kg	1kg	19.86
Soya Pieces	40.88 1 kg	2kg	81.76
Beef	71.00 1kg	2kg	142.00
Chicken	101.25 2kg	5kg	253.13
Kapenta	113.00 1kg	1kg	113.00
Eggs	17.83 1 unit (10 eggs)	3 Trays (90 eggs)	160.50
Milk (Fresh)	13.75 500 ml	10 liters	275.00
Vegetables	490.80 40 Kg	40kg	490.80
Onion	19.76 1 Kg	4 Kg	79.05
Tomatoes	17.73 1 kg	6 kg	106.38
Banana	12.13 1 Kg	16 Kg	194.08
Other Fruits	29.01 1 kg	14 Kg	406.14
Cooking oil (2.5lts)	130.83 2.5lt	3.6lt	188.40
Salt	11.50 1 Kg	1 Kg	11.50
Tea	15.00 250g	250g	15.00
<b>Sub Total</b>			<b>ZMW 3,145.13</b>

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

Commodity	Price ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	40.00 500g	1 500g	40.00
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)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,660.16</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,805.29</b>

## (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)</b>	
		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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$ 329.84 Based upon the exchange rate Of K17.60. 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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