

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.00 25 kg bag	2 x 25Kg	300.00
Rice	98.67 5kg	4kg	78.94
Cassava Flour	18.88 1kg	6kg	113.28
(Sweet) Potatoes	17.00 1 Kg	4 Kg	68.00
Beans	34.99 1kg	3kg	104.97
Pounded Groundnut	31.00 1kg	1kg	31.00
Soya Pieces	50.11 1 kg	2kg	100.22
Beef	75.00 1kg	2kg	150.00
Chicken	115.00 2kg	5kg	287.50
Kapenta	155.00 1kg	1kg	155.00
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	16.50 500 ml	10 liters	330.00
Vegetables	413.33 40 Kg	40kg	413.33
Onion	18.00 1 Kg	4 Kg	72.00
Tomatoes	17.11 1 kg	6 kg	102.66
Banana	16.00 1 Kg	16 Kg	256.00
Other Fruits	18.00 1 kg	14 Kg	252.00
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	11.00 1 Kg	1 Kg	11.00
Tea	21.00 250g	250g	21.00
<b>Sub Total</b>			<b>ZMW 3,199.10</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	194.00 90kg bag(s)	2 90kg bag(s)	388.00
Soap (Lifebuoy/Champion)	16.11 Tablet(s)	3 Tablet(s)	48.33
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Electricity (medium density)	200.00Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1,350.00Month(s)	1 Month(s)	1,350.00
Sanitary towels	24.00 Pack of 10	2 Pack of 10	48.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	38.00 400ml	1 400ml	38.00

**Subtotal** **ZMW 2,378.53**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,577.63**

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

**Item** **Amount (ZMW)**

School Uniform (Grades 8-12) 283.50

### **Transport (bus fare round**

**Item** **Amount (ZMW)**

Maiteneke-Town 22.00

Kaole -Town 18.00

### **Health**

### **Fuel (cost at the pump April, 2022)**

**Item** **Amount (ZMW)**

Petrol (per litre) 26.50

**(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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25<sup>th</sup> April, 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 Kaole, main market, Chilyapa market, Down UB market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Mansa. The April Basic Needs and Nutrition Basket is approximately US\$329.26 based on the exchange rate of K16.94. 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

---

2022-04-30

# Mansa April 2022 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/1168>

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