

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.00 25 kg bag	2 x 25Kg	290.00
Rice	116.67 5kg	4kg	93.33
Cassava Flour	16.67 1kg	6kg	100.00
(Sweet) Potatoes	11.65 1 Kg	4 Kg	46.59
Beans	32.62 1kg	3kg	97.86
Pounded Groundnut	44.00 1kg	1kg	44.00
Soya Pieces	49.44 1 kg	2kg	98.89
Beef	70.00 1kg	2kg	140.00
Chicken	125.00 2kg	5kg	312.50
Kapenta	158.33 1kg	1kg	158.33
Eggs	17.50 1 unit (10 eggs)	3 Trays (90 eggs)	157.50
Milk (Fresh)	11.00 500 ml	10 liters	220.07
Vegetables	420.48 40 Kg	40kg	420.48
Onion	16.67 1 Kg	4 Kg	66.67
Tomatoes	18.75 1 kg	6 kg	112.50
Banana	10.80 1 Kg	16 Kg	172.72
Other Fruits	18.18 1 kg	14 Kg	254.55
Cooking oil (2.5lts)	137.50 2.5lt	3.6lt	198.00
Salt	12.50 1 Kg	1 Kg	12.50
Tea	15.50 250g	250g	15.50
<b>Sub Total</b>			<b>ZMW 3,011.98</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	158.00 90kg bag(s)	2 90kg bag(s)	316.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	50.00 500ml	1 500ml	50.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	6.17 Tissue(s)	6 Tissue(s)	37.02
Lotion (Dawn)	36.00 400ml	1 400ml	36.00
<b>Subtotal</b>			<b>ZMW 2,165.02</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,117.00</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	232.00

### **Transport (bus fare round trip)**

Item	Amount (ZMW)
Border-Town	20.00
Gonder-Town	20.00
Kapata-Town	10.00

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	24.15

Diesel (per litre)

25.64

Paraffin (per litre)

18.76

**(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26<sup>th</sup> May, 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 April Basic Needs and Nutrition Basket is approximately US\$ 298.01 based on the exchange rate of K17.17 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)

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<https://repository.jctr.org.zm>

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