

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	98.33 25 kg bag	2 x 25Kg	196.67
Rice	207.24 5kg	4kg	165.79
Cassava Flour	19.69 1kg	6kg	118.15
(Sweet) Potatoes	9.44 1 Kg	4 Kg	37.76
Beans	18.99 1kg	3kg	56.98
Pounded Groundnut	20.35 1kg	1kg	20.35
Soya Pieces	23.26 1 kg	2kg	46.52
Beef	76.80 1kg	2kg	153.60
Chicken	90.59 2kg	5kg	226.47
Kapenta	93.24 1kg	1kg	93.24
Eggs	21.27 1 unit (10 eggs)	3 Trays (90 eggs)	191.40
Milk (Fresh)	15.80 500 ml	10 liters	316.00
Vegetables	546.21 40 Kg	40kg	546.21
Onion	22.91 1 Kg	4 Kg	91.64
Tomatoes	16.63 1 kg	6 kg	99.77
Banana	14.85 1 Kg	16 Kg	237.56
Other Fruits	31.81 1 kg	14 Kg	445.39
Cooking oil (2.5lts)	111.00 2.5lt	3.6lt	159.84
Salt	10.70 1 kg	1 Kg	10.70
Tea	112.50 250g	250g	112.50
SubTotal			ZMW 3,326.53

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	137.25 90kg bag(s)	2 90kg bag(s)	274.50
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Electricity (medium density)	420.00 Month(s)	1 Month(s)	420.00
Water & Sanitation (med - fixed)	0.00 Month(s)	1 Month(s)	0.00
Housing (3 bedroom)	1,160.00 Month(s)	1 Month(s)	1,160.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	6.40 Tissue(s)	6 Tissue(s)	38.40
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
Subtotal			ZMW 2,140.90

Total for Basic Needs and Nutrition Basket

ZMW 5,467.43

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	320.00	Chilonga-Town	120.00
Grades 10-12 (User + PTA/year)	280.00		
School Uniform (Grades 8-12)	144.00		
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).
Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27th August, 2021 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of surveys conducted at Musakanya, Old Tazara, New Tazara, Chilonga and Chitulika markets around Mpika. The August Basic Needs Basket is approximately US\$282 based upon the exchange rate Of K16.09 Other costs would include personal care, clothing, recreation, etc.

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2021-08-31

Mpika December 2022 Basic Needs and Nutrition Basket Report

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