

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

August 2020

(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	102.26 5kg	4kg	81.81
Cassava Flour	9.53 1kg	6kg	57.18
(Sweet) Potatoes	7.81 1 Kg	4 Kg	31.26
Beans	16.26 1kg	3kg	48.79
Pounded Groundnut	25.46 1kg	1kg	25.46
Soya Pieces	20.81 1 kg	2kg	41.63
Beef	39.80 1kg	2kg	79.60
Chicken	49.11 2kg	5kg	122.76
Kapenta	181.71 1kg	1kg	181.71
Eggs	15.67 1 unit (10 eggs)	3 Trays (90 eggs)	141.00
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	249.85 40 Kg	40kg	249.85
Onion	9.35 1 Kg	4 Kg	37.41
Tomatoes	6.20 1 kg	6 kg	37.22
Banana	8.80 1 Kg	16 Kg	140.78
Other Fruits	18.00 1 kg	14 Kg	252.05
Cooking oil (2.5lts)	79.00 2.5lt	3.6lt	113.76
Salt	8.25 1 Kg	1 Kg	8.25
SubTotal			ZMW 2,027.18

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	94.50 90kg bag(s)	2 90kg bag(s)	189.00
Soap (Lifebuoy/Champion)	13.40 Tablet(s)	3 Tablet(s)	40.20
Wash soap (BOOM)	14.20 400g	4 400g	56.80
Jelly (Vaseline)	30.60 500ml	1 500ml	30.60
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	191.00 Month(s)	1 Month(s)	191.00
Housing (3 bedroom)	1,200.00 Month(s)	1 Month(s)	1,200.00
Sanitary towels	11.75 Pack of 10	2 Pack of 10	23.50
Toilet Paper (2ply)	5.20 Tissue(s)	6 Tissue(s)	31.20
Lotion (Dawn)	21.80 250ml	1 250ml	21.80
Subtotal			ZMW 2,084.10

Total for Basic Needs and Nutrition Basket

ZMW 4,111.28

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Tazara-Town	85.00
Grades 8-9 (User + PTA/year)	600.00	Chilonga-Town	190.00
Grades 10-12 (User + PTA/year)	600.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	17.62
Consultation Fee	100.00	Diesel (per litre)	15.59
CD4 Count	150.00	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
7,178.22	3,925.74	4,132.91	3,997.46	5,863.97	6,744.04	5,213.87	6,170.87	4,111.28	5,511.70	6,365.25	6,429.82	5,573.92	4,709.50	4,712.75	5,261.18

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, 2020 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\$212.171 based upon the exchange rate Of K19.3772. Other costs would include personal care, clothing, recreation, etc.

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2020-08-31

Mpika August 2020 Basic Needs and Nutrition Basket Report

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