

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**April 2020**

## (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	87.53 5kg	4kg	70.02
Cassava Flour	11.00 1kg	6kg	65.98
(Sweet) Potatoes	8.44 1 Kg	4 Kg	33.76
Beans	13.41 1kg	3kg	40.23
Pounded Groundnut	18.19 1kg	1kg	18.19
Soya Pieces	26.24 1 kg	2kg	52.48
Beef	38.16 1kg	2kg	76.32
Chicken	47.18 2kg	5kg	117.94
Kapenta	135.69 1kg	1kg	135.69
Eggs	12.60 1 unit (10 eggs)	3 Trays (90 eggs)	113.40
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	183.43 40 Kg	40kg	183.43
Onion	18.65 1 Kg	4 Kg	74.58
Tomatoes	6.12 1 kg	6 kg	36.70
Banana	6.57 1 Kg	16 Kg	105.12
Other Fruits	10.06 1 kg	14 Kg	140.77
Cooking oil (2.5lts)	63.00 2.5lt	3.6lt	90.72
Salt	8.00 1 kg	1 kg	8.00
<b>SubTotal</b>			<b>ZMW 1,823.34</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	14.00 400g	4 400g	56.00
Jelly (Vaseline)	25.80 500ml	1 500ml	25.80
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	14.00 Pack of 10	2 Pack of 10	28.00
Toilet Paper (2ply)	4.80 Tissue(s)	6 Tissue(s)	28.80
Lotion (Dawn)	21.20 250ml	1 250ml	21.20
<b>Subtotal</b>			<b>ZMW 2,066.80</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 3,890.14</b>

## (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	150.00
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
Malaria test	50.00	Diesel (per litre)	15.59
Consultation Fee	100.00	Paraffin (per litre)	15.39
CD4 Count	150.00		

## (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
7,158.67	3,860.28	4,307.92	4,226.03	5,896.79	7,428.38	5,389.04	4,441.86	3,890.14	5,280.69	5,361.73	6,048.36	5,404.36	5,240.95	6,639.90	5,060.29

### 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 April, 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 April Basic Needs Basket is approximately US\$208 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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