

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**February 2023**

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

<b>Commodity</b>	<b>Price (ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Mealie Meal (Roller)	145.00 25 kg bag	2 x 25Kg	290.00
Rice	219.68 5kg	4kg	175.75
Cassava Flour	20.79 1kg	6kg	124.75
Irish Potatoes	15.56 1 Kg	4 Kg	62.22
Beans	18.14 1kg	3kg	54.43
Pounded Groundnut	33.95 1kg	1kg	33.95
Soya Pieces	42.88 1 kg	2kg	85.76
Beef	81.00 1kg	2kg	162.00
Chicken	100.00 2kg	5kg	250.00
Kapenta	130.56 1kg	1kg	130.56
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	17.20 500 ml	10 liters	344.00
Vegetables	576.54 40 Kg	40kg	576.54
Onion	18.80 1 Kg	4 Kg	75.22
Tomatoes	13.60 1 kg	6 kg	81.57
Banana	16.72 1 Kg	16 Kg	267.52
Other Fruits	24.64 1 kg	14 Kg	344.98
Cooking oil (2.5lts)	126.00 2.5lt	3.6lt	181.44
Salt	11.20 1 kg	1 Kg	11.20
Tea	56.80 250g	250g	56.80
<b>SubTotal</b>			<b>ZMW 3,482.69</b>

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

<b>Commodity</b>	<b>Price(ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Charcoal	187.20 90kg bag(s)	2 90kg bag(s)	374.40
Soap (Lifebuoy/Champion)	15.40 Tablet(s)	3 Tablet(s)	46.20
Wash soap (BOOM)	19.60 400g	4 400g	78.40
Electricity (medium density)	440.00 Month(s)	1 Month(s)	440.00
Water & Sanitation (med - fixed)	169.50 Month(s)	1 Month(s)	169.50
Housing (3 bedroom)	1,486.66 Month(s)	1 Month(s)	1,486.66
Jelly (Vaseline)	40.00 250ml	1 250ml	40.00
Sanitary towels	40.00 Pack of 10	2 Pack of 10	80.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	30.00 500ml	1 500ml	30.00
<b>Subtotal</b>			<b>ZMW 2,787.16</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 6,269.85**

## **(C) SOME OTHER ADDITIONAL COSTS**

<b>Education</b>		<b>Transport (bus fare round)</b>	
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
School uniform (grade 8-12)	174.00	Chilonga-Town	120.00
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item (Fuel pump price, Feb 2023)</b>	<b>Amount (ZMW)</b>
Registration (book)		Petrol (per litre)	27.22
		Diesel (per litre)	29.25
		Paraffin (per litre)	22.29

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6558.18	6,269.85	7,761.83	8038.24

This survey was conducted on 25<sup>th</sup> February, 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 Musakanya, Kamwanya, New Tazara, Chitulika, Chilongo as well as Schools, clinics/hospitals, and filling stations around Mpika. The Basic Needs and Nutrition Basket is approximately US\$ 317.30 based on the exchange rate of K 19.76 other costs would include personal care, clothing, recreation, etc.

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