

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	200.00 25 kg bag	2 x 25Kg	400.00
Rice	86.83 5kg	4kg	69.47
Cassava Flour	10.38 1kg	6kg	62.26
Irish Potatoes	11.26 1 Kg	4 Kg	45.04
Beans	10.93 1kg	3kg	32.80
Pounded Groundnut	23.23 1kg	1kg	23.23
Soya Pieces	47.37 1 kg	2kg	94.73
Beef	100.00 1kg	2kg	200.00
Chicken	120.00 2kg	5kg	300.00
Kapenta	250.00 1kg	1kg	250.00
Eggs	25.00 1 unit (10 eggs)	3 Trays (90 eggs)	225.00
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	700.00 40 Kg	40kg	700.00
Onion	56.25 1 Kg	4 Kg	225.00
Tomatoes	20.00 1 kg	6 kg	120.00
Banana	8.64 1 Kg	16 Kg	138.26
Other Fruits	30.92 1 kg	14 Kg	432.94
Cooking oil (2.5lts)	70.02 2.5lt	3.6lt	100.82
Salt	10.00 1 kg	1 Kg	10.00
Tea	30.00 250g	250g	30.00
SubTotal			ZMW 3,700.11

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	153.25 90kg bag(s)	2 90kg bag(s)	306.50
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	185.00 Month(s)	1 Month(s)	185.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	22.50 250ml	1 250ml	22.50
Sanitary towels	32.50 Pack of 10	2 Pack of 10	65.00
Toilet Paper (2ply)	6.71 Tissue(s)	6 Tissue(s)	40.25
Lotion (Dawn)	38.75 400ml	1 400ml	38.75
Subtotal			ZMW 2,020.00

Total for Basic Needs and Nutrition Basket

ZMW 5,720.11

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grades 8-12)	450.00	Chibesa-Town	147.00
		Turn off-Town	147.00
Item	Amount (ZMW)	<i>Item (Fuel pump price, Jan 2023)</i>	Amount (ZMW)
Registration (book)		Petrol (per litre)	24.49
		Diesel (per litre)	26.44
		Paraffin (per litre)	19.98

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6,129.33	7,577.20	8,082.71

This survey was conducted on 25th January, 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 Kalungu, Kabatamba, New and Old market as well as Schools, clinics/hospitals, and filling stations around Chinsali. The December Basic Needs and Nutrition Basket is approximately US\$301.85 based on the exchange rate of K18.95 other costs would include personal care, clothing, recreation, etc

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2023-01-31

Chinsali January 2023 Basic Needs and Nutrition Basket Report

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