

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.67 25 kg bag	2 x 25Kg	283.33
Rice	219.57 5kg	4kg	175.66
Cassava Flour	20.65 1kg	6kg	123.92
Irish Potatoes	15.54 1 Kg	4 Kg	62.16
Beans	16.98 1kg	3kg	50.93
Pounded Groundnut	34.44 1kg	1kg	34.44
Soya Pieces	41.66 1 kg	2kg	83.32
Beef	79.00 1kg	2kg	158.00
Chicken	100.00 2kg	5kg	250.00
Kapenta	168.41 1kg	1kg	168.41
Eggs	18.67 1 unit (10 eggs)	3 Trays (90 eggs)	168.00
Milk (Fresh)	17.20 500 ml	10 liters	344.00
Vegetables	549.44 40 Kg	40kg	549.44
Onion	17.01 1 Kg	4 Kg	68.05
Tomatoes	12.38 1 kg	6 kg	74.29
Banana	16.38 1 Kg	16 Kg	262.10
Other Fruits	12.25 1 kg	14 Kg	171.48
Cooking oil (2.5lts)	126.00 2.5lt	3.6lt	181.44
Salt	11.20 1 kg	1 Kg	11.20
Tea	70.00 250g	250g	70.00
SubTotal			ZMW 3,290.17

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
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
Jelly (Vaseline)	40.00 500ml	1 500ml	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)	42.00 400ml	1 400ml	42.00
Subtotal			ZMW 2,839.16

Total for Basic Needs and Nutrition Basket

ZMW 6,129.33

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School uniform (grade 8-12)	174.00	Chilonga-Town	120.00
Item	Amount (ZMW)	Item (Fuel pump price, Jan 2023)	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 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\$323.45 based on the exchange rate of K18.95 other costs would include personal care, clothing, recreation, etc.

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2023-01-31

Mpika January 2023 Basic Needs and Nutrition Basket Report

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