

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	162.67 25 kg bag	2 x 25Kg	325.33
Rice	159.56 5kg	4kg	127.64
Cassava Flour	42.34 1kg	6kg	254.05
Irish Potatoes	13.00 1 Kg	4 Kg	52.02
Beans	47.25 1kg	3kg	141.75
Pounded Groundnut	66.39 1kg	1kg	66.39
Soya Pieces	41.65 1 kg	2kg	83.30
Beef	68.17 1kg	2kg	136.33
Chicken	111.66 2kg	5kg	279.16
Kapenta	207.15 1kg	1kg	207.15
Eggs	18.28 1 unit (10 eggs)	3 Trays (90 eggs)	164.50
Milk (Fresh)	12.00 500 ml	10 liters	239.96
Vegetables	1,293.16 40 Kg	40kg	1,293.16
Onion	31.87 1 Kg	4 Kg	127.48
Tomatoes	23.63 1 kg	6 kg	141.76
Banana	13.99 1 Kg	16 Kg	223.84
Other Fruits	37.54 1 kg	14 Kg	525.50
Cooking oil (2.5lts)	109.68 2.5lt	3.6lt	157.94
Salt	9.17 1 Kg	1 Kg	9.17
Tea	23.00 250g	250g	23.00
<b>SubTotal</b>			<b>ZMW 4579.41</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	208.80 90kg bag(s)	2 90kg bag(s)	417.60
Soap (Lifebuoy/Champion)	13.67 Tablet(s)	3 Tablet(s)	41.00
Wash soap (BOOM)	15.37 400g	4 400g	61.49
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	140.00 Month(s)	1 Month(s)	140.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	32.50 500ml	1 500ml	32.50
Sanitary towels	16.30 Pack of 10	2 Pack of 10	32.60
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	21.83 400ml	1 400ml	21.83
<b>Subtotal</b>			<b>ZMW 2066.01</b>

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

**ZMW 6,645.42**

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
		Border-Town	21.50
		Gonder-Town	21.50
		Kapata-Town	11.50
School Uniform (Grades 8-12)	232.00		

### **Health**

### **Fuel (cost at the pump FEB, 2023)**

Item	Amount (ZMW)
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 27<sup>th</sup> February, 2023 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 Kapata market, Nabvutika market, Saturday market, Kaumbwe market, Shoprite and Magazine market and Schools, clinics/hospitals, and filling stations around Chipata. The Basic Needs and Nutrition Basket is approximately US\$ 336.30 based on the exchange rate of K19.76 other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

**<https://repository.jctr.org.zm>**

---

Reports

Advocacy on Living Conditions

---

2023-02-28

# Chipata February 2023 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/1765>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*