

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.00 25 kg bag	2 x 25Kg	250.00
Rice	133.25 5kg	4kg	106.60
Cassava Flour	20.75 1kg	6kg	124.48
Irish Potatoes	13.22 1 Kg	4 Kg	52.88
Beans	16.59 1kg	3kg	49.78
Pounded Groundnut	34.87 1kg	1kg	34.87
Soya Pieces	39.87 1 kg	2kg	79.73
Beef	79.00 1kg	2kg	158.00
Chicken	100.00 2kg	5kg	250.00
Kapenta	173.05 1kg	1kg	173.05
Eggs	18.67 1 unit (10 eggs)	3 Trays (90 eggs)	168.00
Milk (Fresh)	17.20 500 ml	10 liters	344.00
Vegetables	516.77 40 Kg	40kg	516.77
Onion	15.59 1 Kg	4 Kg	62.37
Tomatoes	12.25 1 kg	6 kg	73.50
Banana	16.14 1 Kg	16 Kg	258.21
Other Fruits	11.96 1 kg	14 Kg	167.43
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	11.20 1 Kg	1 Kg	11.20
Tea	50.80 250g	250g	50.80
<b>SubTotal</b>			<b>ZMW 3,118.89</b>

## (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)	82.00 250ml	1 250ml	82.00
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
<b>Subtotal</b>			<b>ZMW 2,841.16</b>

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

**ZMW 5,960.05**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School uniform (grade 8-12)	174.00	Chilonga-Town	120.00
Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

## (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
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25<sup>th</sup> December, 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 December Basic Needs and Nutrition Basket is approximately US\$ 331.67 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

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

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2022-12-31

# Mpika December 2022 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/622>

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