

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

May 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	112.00 25 kg bag	2 x 25Kg	224.00
Rice	104.38 5kg	4kg	83.51
Cassava Flour	28.54 1kg	6kg	171.22
(Sweet) Potatoes	6.18 1 Kg	4 Kg	24.71
Beans	23.74 1kg	3kg	71.21
Pounded Groundnut	16.57 1kg	1kg	16.57
Soya Pieces	45.35 1 kg	2kg	90.70
Beef	51.67 1kg	2kg	103.33
Chicken	80.91 2kg	5kg	202.26
Kapenta	288.49 1kg	1kg	288.49
Eggs	18.83 1 unit (10 eggs)	3 Trays (90 eggs)	169.50
Milk (Fresh)	14.17 500 ml	10 liters	283.30
Vegetables	300.20 40 Kg	40kg	300.20
Onion	30.57 1 Kg	4 Kg	122.29
Tomatoes	14.23 1 kg	6 kg	85.36
Banana	10.00 1 Kg	16 Kg	160.03
Other Fruits	9.99 1 kg	14 Kg	139.86
Cooking oil (2.5lts)	121.67 2.5lt	3.6lt	175.20
Salt	12.58 1 kg	1 Kg	12.58
Tea	27.66 250g	250g	27.66
<b>SubTotal</b>			<b>ZMW 2,751.98</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	241.20 90kg bag(s)	2 90kg bag(s)	482.40
Soap (Lifebuoy/Champion)	12.17 Tablet(s)	2 Tablet(s)	34.50
Wash soap (BOOM)	14.50 400g	4 400g	57.99
Jelly (Vaseline)	40.17 500ml	1 500ml	40.17
Electricity (medium density)	150.00 Month(s)	1 Month(s)	150.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	21.00 Pack of 10	2 Pack of 10	42.00
Toilet Paper (2ply)	4.25 Tissue(s)	6 Tissue(s)	25.49
Lotion (Dawn)	27.00 400ml	1 400ml	27.00
<b>Subtotal</b>			<b>ZMW 2,479.54</b>

## Total for Basic Needs and Nutrition Basket

**ZMW 5,231.51**

## (C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	256.67	Border-Town	20.00
Grades 8-9 (User + PTA/year)	933.33	Gonder-Town	15.00
Grades 10-12 (User + PTA/year)	1,050.00	Kapata-Town	14.00
School Uniform	172.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

## Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27<sup>th</sup> May, 2021 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine market in Chipata. The May Basic Needs Basket is approximately US\$232 based upon the exchange rate of K22.51. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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# Chipata May 2021 Basic Nutrition and Needs Basket Report

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