

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.67 25 kg bag	2 x 25Kg	203.33
Rice	176.40 5kg	4kg	141.12
Cassava Flour	18.39 1kg	6kg	110.36
(Sweet) Potatoes	18.47 1 Kg	4 Kg	73.88
Beans	18.75 1kg	3kg	56.25
Pounded Groundnut	19.22 1kg	1kg	19.22
Soya Pieces	23.71 1 kg	2kg	47.42
Beef	74.80 1kg	2kg	149.60
Chicken	93.60 2kg	5kg	234.00
Kapenta	91.39 1kg	1kg	91.39
Eggs	17.33 1 unit (10 eggs)	3 Trays (90 eggs)	156.00
Milk (Fresh)	15.80 500 ml	10 liters	316.00
Vegetables	605.37 40 Kg	40kg	605.37
Onion	22.28 1 Kg	4 Kg	89.12
Tomatoes	19.48 1 kg	6 kg	116.90
Banana	15.21 1 Kg	16 Kg	243.37
Other Fruits	5.80 1 kg	14 Kg	81.20
Cooking oil (2.5lts)	115.50 2.5lt	3.6lt	166.32
Salt	10.90 1 Kg	1 Kg	10.90
Tea	90.00 250g	250g	90.00
SubTotal			ZMW 3,001.76

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	129.60 90kg bag(s)	2 90kg bag(s)	259.20
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Electricity (medium density)	420.00 Month(s)	1 Month(s)	420.00
Water & Sanitation (med - fixed)	164.00 Month(s)	1 Month(s)	164.00
Housing (3 bedroom)	1,160.00 Month(s)	1 Month(s)	1,160.00
Sanitary towels	24.00 Pack of 10	2 Pack of 10	48.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
Subtotal			ZMW 2,298.20

Total for Basic Needs and Nutrition Basket

ZMW 5,299.96

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	320.00	Chilonga-Town	120.00
Grades 8-9 (User + PTA/year)	280.00		
Grades 10-12 (User + PTA/year)	144.00		
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
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,617.94	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

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 27th November, 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 Musakanya, Old Tazara, New Tazara, Chilonga and Chitulika markets around Mpika. The November Basic Needs Basket is approximately US\$298.09 based upon the exchange rate Of K17.78 Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2021-11-30

Mpika November 2021 Basic Needs and Nutrition Basket Report

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