

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.00 25 kg bag	2 x 25Kg	232.00
Rice	90.12 5kg	4kg	72.10
Cassava Flour	23.05 1kg	6kg	138.33
(Sweet) Potatoes	7.42 1 Kg	4 Kg	29.68
Beans	22.35 1kg	3kg	67.05
Pounded Groundnut	33.54 1kg	1kg	33.54
Soya Pieces	44.42 1 kg	2kg	88.84
Beef	71.33 1kg	2kg	142.66
Chicken	116.00 2kg	5kg	289.99
Kapenta	386.67 1kg	1kg	386.67
Eggs	17.39 1 unit (10 eggs)	3 Trays (90 eggs)	156.50
Milk (Fresh)	15.67 500 ml	10 liters	313.30
Vegetables	446.20 40 Kg	40kg	446.20
Onion	13.92 1 Kg	4 Kg	55.66
Tomatoes	10.56 1 kg	6 kg	63.35
Banana	12.18 1 Kg	16 Kg	194.84
Other Fruits	14.98 1 kg	14 Kg	209.74
Cooking oil (2.5lts)	123.17 2.5lt	3.6lt	177.36
Salt	11.67 1 Kg	1 Kg	11.67
Tea	22.80 250g	250g	22.80
<b>SubTotal</b>			<b>ZMW 3,132.27</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	435.60 90kg bag(s)	2 90kg bag(s)	871.20
Soap (Lifebuoy/Champion)	13.83 Tablet(s)	3 Tablet(s)	41.50
Wash soap (BOOM)	16.00 400g	4 400g	63.99
Jelly (Vaseline)	36.83 500ml	1 500ml	36.83
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	17.67 Pack of 10	2 Pack of 10	35.33
Toilet Paper (2ply)	3.83 Tissue(s)	6 Tissue(s)	22.99
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
<b>Subtotal</b>			<b>ZMW 2,873.84</b>

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

**ZMW 6,006.11**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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 (Grades 1-7)	172.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

**(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 27<sup>th</sup> 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 Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine market in Chipata. The November Basic Needs Basket is approximately US\$337.80 based upon the exchange rate of K17.78. Other costs would include personal care, clothing, recreation, etc **Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

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

**JCTR Repository**

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

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