

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**January 2021**

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

<b>Commodity</b>	<b>Price (ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Milk (Long life)			
Mealie Meal (Roller)	119.67 25 kg bag	2 x 25Kg	239.33
Rice	96.43 5kg	4kg	77.14
Cassava Flour	10.31 1kg	6kg	61.85
(Sweet) Potatoes	16.07 1 Kg	4 Kg	64.27
Beans	22.11 1kg	3kg	66.34
Pounded Groundnut	34.73 1kg	1kg	34.73
Soya Pieces	26.94 1 kg	2kg	53.88
Beef	56.50 1kg	2kg	113.00
Chicken	57.80 2kg	5kg	144.51
Kapenta	89.27 1kg	1kg	89.27
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	284.13 40 Kg	40kg	284.13
Onion	9.28 1 Kg	4 Kg	37.11
Tomatoes	13.35 1 kg	6 kg	80.08
Banana	9.34 1 Kg	16 Kg	149.49
Other Fruits	1.55 1 kg	14 Kg	21.73
Cooking oil (2.5lts)	94.00 2.5lt	3.6lt	135.36
Salt	7.80 1 Kg	1 Kg	7.80
Tea	84.00 250g	250g	84.00
<b>SubTotal</b>			<b>ZMW 2,124.01</b>

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

<b>Commodity</b>	<b>Price(ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Charcoal	117.00 90kg bag(s)	2 90kg bag(s)	234.00
Soap (Lifebuoy/Champion)	14.40 Tablet(s)	3 Tablet(s)	43.20
Wash soap (BOOM)	18.20 400g	4 400g	72.80
Jelly (Vaseline)	30.63 500ml	1 500ml	30.63
Electricity (medium density)	420.00 Month(s)	1 Month(s)	420.00
Water & Sanitation (med - fixed)	164.20 Month(s)	1 Month(s)	164.20
Housing (3 bedroom)	1,160.00 Month(s)	1 Month(s)	1,160.00
Sanitary towels	15.30 Pack of 10	2 Pack of 10	30.60
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	38.00 400ml	1 400ml	38.00
<b>Subtotal</b>			<b>ZMW 2,235.43</b>

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

**ZMW 4,359.43**

## **(C) SOME OTHER ADDITIONAL COSTS**

<b>Education</b>		<b>Transport (bus fare round)</b>	
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
Grades 8-9 (User + PTA/year)	320.00	Chilonga-Town	120.00
Grades 10-12 (User + PTA/year)	280.00		
School Uniform (Grades 8-12)	144.00		

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
		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**

### **Compositions of vegetables and fruits**

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8394.01.	3,854.99	4,886.73	4,402.41	5,982.58	6,420.53	4,693.47	4,918.63	4,359.43	5,246.75	6,256.95	6,734.83	5,407.56	5,358.78	5,479.28	5,027.35

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> January, 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 January Basic Needs Basket is approximately US\$202 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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Statements

Advocacy on Living Conditions

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2021-09-30

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