

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	126.00 25 kg bag	2 x 25Kg	252.00
Rice	179.84 5kg	4kg	143.87
Cassava Flour	18.54 1kg	6kg	111.25
(Sweet) Potatoes	9.54 1 Kg	4 Kg	38.15
Beans	18.72 1kg	3kg	56.15
Pounded Groundnut	19.26 1kg	1kg	19.26
Soya Pieces	23.40 1 kg	2kg	46.80
Beef	79.25 1kg	2kg	158.50
Chicken	100.8 2kg	5kg	252.00
Kapenta	92.19 1kg	1kg	92.19
Eggs	19.08 1 unit (10 eggs)	3 Trays (90 eggs)	171.75
Milk (Fresh)	15.33 500 ml	10 liters	306.67
Vegetables	537.83 40 Kg	40kg	537.83
Onion	9.67 1 Kg	4 Kg	38.68
Tomatoes	16.53 1 kg	6 kg	99.19
Banana	11.58 1 Kg	16 Kg	185.28
Other Fruits	6.59 1 kg	14 Kg	92.26
Cooking oil (2.5lts)	98.13 2.5lt	3.6lt	141.30
Salt	14.00 1 Kg	1 Kg	14.00
Tea	71.00 250g	250g	71.00
<b>SubTotal</b>			<b>ZMW 2,621.91</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.25 90kg bag(s)	2 90kg bag(s)	216.50
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	39.75 500ml	1 500ml	39.75
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	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	42.00 Tissue(s)	6 Tissue(s)	252.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00

**Subtotal** **ZMW 2,452.25**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,074.16**

## (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)	320.00	Chilonga-Town	120.00
Grades 8-9 (User + PTA/year)	280.00		
Grades 10-12 (User + PTA/year)	144.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.16
		Diesel (per litre)	20.15

**(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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. Other costs would include personal care, clothing, recreation, etc.

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

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

**JCTR Repository**

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

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