

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Chipata**

**March 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	147.83 25 kg bag	2 x 25Kg	295.66
Rice	93.53 5kg	4kg	74.83
Cassava Flour	19.83 1kg	6kg	118.97
(Sweet) Potatoes	12.88 1 Kg	4 Kg	51.52
Beans	26.65 1kg	3kg	79.96
Pounded Groundnut	29.96 1kg	1kg	29.96
Soya Pieces	39.80 1 kg	2kg	79.59
Beef	47.50 1kg	2kg	95.00
Chicken	72.52 2kg	5kg	181.31
Kapenta	223.32 1kg	1kg	223.32
Eggs	18.22 1 unit (10 eggs)	3 Trays (90 eggs)	164.00
Milk (Fresh)	12.83 500 ml	10 liters	256.63
Vegetables	167.58 40 Kg	40kg	167.58
Onion	12.61 1 Kg	4 Kg	50.42
Tomatoes	12.83 1 kg	6 kg	77.00
Banana	8.07 1 Kg	16 Kg	129.08
Other Fruits	23.21 1 kg	14 Kg	324.94
Cooking oil (2.5lts)	100.50 2.5lt	3.6lt	144.72
Salt	11.83 1 kg	1 Kg	11.83
Tea	23.33 250g	250g	23.33
<b>SubTotal</b>			<b>ZMW 2,579.64</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	252.00 90kg bag(s)	2 90kg bag(s)	504.00
Soap (Lifebuoy/Champion)	10.33 Tablet(s)	3 Tablet(s)	31.00
Wash soap (BOOM)	14.67 400g	4 400g	58.66
Jelly (Vaseline)	38.50 500ml	1 500ml	38.50
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	1 Pack of 10	39.00
Toilet Paper (2ply)	4.17 Tissue(s)	6 Tissue(s)	24.99
Lotion (Dawn)	49.50 400ml	1 400ml	49.50
<b>Subtotal</b>			<b>ZMW 2,515.64</b>

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

**ZMW 5,095.28**

## (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	172.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	3.00	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
8,644.50	4,276.64	4,960.43	4,944.42	6,367.38	6,660.49	4,933.42	5,095.28	4,759.55	5,774.22	6,675.64	7,033.75	6,289.23	5,499.50	5,336.28	5,953.66

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> February, 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 February Basic Needs Basket is approximately US\$231 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc.

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