

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	99.75 25 kg bag	2 x 25Kg	199.50
Rice	95.68 5kg	4kg	76.55
Cassava Flour	17.51 1kg	6kg	105.06
(Sweet) Potatoes	19.30 1 Kg	4 Kg	77.19
Beans	19.88 1kg	3kg	59.63
Pounded Groundnut	30.04 1kg	1kg	30.04
Soya Pieces	25.57 1 kg	2kg	51.15
Beef	63.75 1kg	2kg	127.50
Chicken	61.68 2kg	5kg	154.20
Kapenta	78.54 1kg	1kg	78.54
Eggs	20.17 1 unit (10 eggs)	3 Trays (90 eggs)	181.50
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	337.73 40 Kg	40kg	337.73
Onion	12.47 1 Kg	4 Kg	49.88
Tomatoes	15.29 1 kg	6 kg	91.72
Banana	10.73 1 Kg	16 Kg	171.64
Other Fruits	25.00 1 kg	14 Kg	350.01
Cooking oil (2.5lts)	97.50 2.5lt	3.6lt	140.40
Salt	7.75 1 kg	1 Kg	7.75
Tea	83.75 250g	250g	83.75
SubTotal			ZMW 2,573.72

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	78.00 90kg bag(s)	2 90kg bag(s)	195.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	14.25 400g	4 400g	57.00
Jelly (Vaseline)	32.00 500ml	1 500ml	32.00
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	17.06 Pack of 10	2 Pack of 10	34.13
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	38.00 400ml	1 400ml	38.00
Subtotal			ZMW 2,185.83

Total for Basic Needs and Nutrition Basket

ZMW 4,759.55

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	320.00	Chilonga-Town	120.00
Grades 10-12 (User + PTA/year)	280.00		
School Uniform	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
8,644.50	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 27th March, 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 March Basic Needs Basket is approximately US\$215 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
 Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
 Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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2021-03-30

Mpika March 2021 Basic Needs and Nutrition Basket Report

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