

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**July 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	107.50 25 kg bag	2 x 25Kg	215.00
Rice	184.59 5kg	4kg	147.67
Cassava Flour	17.25 1kg	6kg	103.48
(Sweet) Potatoes	8.98 1 Kg	4 Kg	35.93
Beans	16.32 1kg	3kg	48.95
Pounded Groundnut	20.58 1kg	1kg	20.58
Soya Pieces	22.48 1 kg	2kg	44.96
Beef	79.25 1kg	2kg	158.50
Chicken	89.13 2kg	5kg	222.83
Kapenta	86.80 1kg	1kg	86.80
Eggs	21.17 1 unit (10 eggs)	3 Trays (90 eggs)	190.50
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	549.76 40 Kg	40kg	549.76
Onion	24.79 1 Kg	4 Kg	99.15
Tomatoes	18.36 1 kg	6 kg	110.15
Banana	11.78 1 Kg	16 Kg	188.56
Other Fruits	28.49 1 kg	14 Kg	398.82
Cooking oil (2.5lts)	122.50 2.5lt	3.6lt	176.40
Salt	11.13 1 Kg	1 Kg	11.13
Tea	112.50 250g	250g	112.50
<b>SubTotal</b>			<b>ZMW 3,161.66</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	117.00 90kg bag(s)	2 90kg bag(s)	234.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	18.00 400g	4 400g	72.00
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
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	17.75 Pack of 10	2 Pack of 10	35.50
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
<b>Subtotal</b>			<b>ZMW 2,255.50</b>

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

**ZMW 5,417.16**

## (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 10-12 (User + PTA/year)	280.00		
School Uniform (Grades 8-12)	144.00		
<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
		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
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

### 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> July, 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 July Basic Needs Basket is approximately US\$282 based upon the exchange rate Of K19.20 Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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