

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**May 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	172.28 5kg	4kg	137.82
Cassava Flour	18.98 1kg	6kg	113.86
(Sweet) Potatoes	18.76 1 Kg	4 Kg	75.03
Beans	18.61 1kg	3kg	55.83
Pounded Groundnut	19.85 1kg	1kg	19.85
Soya Pieces	23.38 1 kg	2kg	46.76
Beef	63.75 1kg	2kg	127.50
Chicken	71.21 2kg	5kg	178.01
Kapenta	66.83 1kg	1kg	66.83
Eggs	18.75 1 unit (10 eggs)	3 Trays (90 eggs)	168.75
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	492.83 40 Kg	40kg	492.83
Onion	23.25 1 Kg	4 Kg	93.00
Tomatoes	16.70 1 kg	6 kg	100.19
Banana	10.34 1 Kg	16 Kg	165.41
Other Fruits	20.95 1 kg	14 Kg	293.36
Cooking oil (2.5lts)	119.38 2.5lt	3.6lt	171.90
Salt	8.25 1 kg	1 Kg	8.25
Tea	87.50 250g	250g	87.50
<b>SubTotal</b>			<b>ZMW 2,817.69</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)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	14.00 400g	4 400g	56.00
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)	164.00 Month(s)	1 Month(s)	164.00
Housing (3 bedroom)	1,160.00 Month(s)	1 Month(s)	1,160.00
Sanitary towels	16.31 Pack of 10	2 Pack of 10	32.63
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 2,222.13</b>

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

**ZMW 5,039.81**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round</u>	
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		

## Health

<u>Fuel (cost at the pump)</u>	
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
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

## 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> May, 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 May Basic Needs Basket is approximately US\$224 based upon the exchange rate Of K22.51 Other costs would include personal care, clothing, recreation, etc.

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