

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.50 25 kg bag	2 x 25Kg	203.00
Rice	108.05 5kg	4kg	86.44
Cassava Flour	12.23 1kg	6kg	73.41
(Sweet) Potatoes	10.38 1 Kg	4 Kg	41.51
Beans	18.38 1kg	3kg	55.15
Pounded Groundnut	31.98 1kg	1kg	31.98
Soya Pieces	18.79 1 kg	2kg	37.58
Beef	50.25 1kg	2kg	100.50
Chicken	52.06 2kg	5kg	130.16
Kapenta	136.93 1kg	1kg	136.93
Eggs	15.42 1 unit (10 eggs)	3 Trays (90 eggs)	138.75
Milk (Fresh)	8.25 500 ml	10 liters	165.06
Vegetables	297.02 40 Kg	40kg	297.02
Onion	8.57 1 Kg	4 Kg	34.28
Tomatoes	9.29 1 kg	6 kg	55.75
Banana	10.03 1 Kg	16 Kg	160.41
Other Fruits	19.23 1 kg	14 Kg	269.28
Cooking oil (2.5lts)	81.67 2.5lt	3.6lt	117.60
Salt	8.63 1 Kg	1 Kg	8.63
SubTotal			ZMW 2,143.42

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.00 90kg bag(s)	2 90kg bag(s)	174.00
Soap (Lifebuoy/Champion)	13.63 Tablet(s)	3 Tablet(s)	40.88
Wash soap (BOOM)	14.00 400g	4 400g	56.00
Jelly (Vaseline)	32.00 500ml	1 500ml	32.00
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	191.00 Month(s)	1 Month(s)	191.00
Housing (3 bedroom)	1,200.00 Month(s)	1 Month(s)	1,200.00
Sanitary towels	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	34.25 400ml	1 400ml	34.25
Subtotal			ZMW 2,101.13

Total for Basic Needs and Nutrition Basket

ZMW 4,244.55

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Tazara-Town	85.00
Grades 8-9 (User + PTA/year)	600.00	Chilonga-Town	190.00
Grades 10-12 (User + PTA/year)	600.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	50.00	Petrol (per litre)	17.62
Consultation Fee	100.00	Diesel (per litre)	15.59
CD4 Count	150.00	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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

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 27th November, 2020 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 November Basic Needs Basket is approximately US\$202 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc

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2020-11-30

Mpika November 2020 Basic Needs and Nutrition Basket Report

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