

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	110.00 25 kg bag	2 x 25Kg	220.00
Rice	113.73 5kg	4kg	90.98
Cassava Flour	15.08 1kg	6kg	90.46
(Sweet) Potatoes	10.84 1 Kg	4 Kg	43.38
Beans	14.99 1kg	3kg	44.98
Pounded Groundnut	31.96 1kg	1kg	31.96
Soya Pieces	19.30 1 kg	2kg	38.59
Beef	50.25 1kg	2kg	100.50
Chicken	53.87 2kg	5kg	134.67
Kapenta	136.92 1kg	1kg	136.92
Eggs	17.50 1 unit (10 eggs)	3 Trays (90 eggs)	157.50
Milk (Fresh)	12.13 500 ml	10 liters	242.50
Vegetables	323.61 40 Kg	40kg	323.61
Onion	9.19 1 Kg	4 Kg	36.78
Tomatoes	10.95 1 kg	6 kg	65.71
Banana	10.08 1 Kg	16 Kg	161.33
Other Fruits	4.43 1 kg	14 Kg	62.07
Cooking oil (2.5lts)	83.13 2.5lt	3.6lt	119.70
Salt	8.31 1 Kg	1 Kg	8.31
Tea	76.58 250g	250g	76.58
SubTotal			ZMW 2,186.55

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	14.13 Tablet(s)	3 Tablet(s)	42.38
Wash soap (BOOM)	15.50 400g	4 400g	62.00
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	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	22.63 Tissue(s)	6 Tissue(s)	135.75
Lotion (Dawn)	33.50 400ml	1 400ml	33.50
Subtotal			ZMW 2,208.63
Total for Basic Needs and Nutrition Basket			ZMW 4,395.17

(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)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	17.62
Malaria test	50.00	Diesel (per litre)	15.59
Consultation Fee	100.00	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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

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 December, 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 December Basic Needs Basket is approximately US\$208 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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2020-12-31

Mpika December 2020 Basic Needs and Nutrition Basket Report

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