

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.67 25 kg bag	2 x 25Kg	291.33
Rice	82.24 5kg	4kg	65.79
Cassava Flour	11.02 1kg	6kg	66.09
(Sweet) Potatoes	8.47 1 Kg	4 Kg	33.89
Beans	13.27 1kg	3kg	39.82
Pounded Groundnut	18.20 1kg	1kg	18.20
Soya Pieces	25.64 1 kg	2kg	51.27
Beef	38.34 1kg	2kg	76.68
Chicken	36.98 2kg	5kg	92.46
Kapenta	139.60 1kg	1kg	139.60
Eggs	11.80 1 unit (10 eggs)	3 Trays (90 eggs)	106.20
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	148.48 40 Kg	40kg	148.48
Onion	14.29 1 Kg	4 Kg	57.15
Tomatoes	5.85 1 kg	6 kg	35.10
Banana	6.57 1 Kg	16 Kg	105.09
Other Fruits	9.61 1 kg	14 Kg	134.54
Cooking oil (2.5lts)	65.50 2.5lt	3.6lt	94.32
Salt	6.10 1 Kg	1 Kg	6.10
SubTotal			ZMW 1,722.11

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.50 90kg bag(s)	2 90kg bag(s)	175.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	12.00 400g	4 400g	48.00
Jelly (Vaseline)	24.40 500ml	1 500ml	24.40
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	11.60 Pack of 10	2 Pack of 10	23.20
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	21.20 400ml	1 400ml	21.20
Subtotal			ZMW 2,042.80

Total for Basic Needs and Nutrition Basket

ZMW 3,764.91

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
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		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	100.00	Petrol (per litre)	17.62
CD4 Count	150.00	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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,76491	5,491.01	5,382.93	6,098.18	5,690.61	4901.28	4,919.24	5,541.09

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 March, 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 March Basic Needs Basket is approximately US\$212 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2020-03-30

Mpika March 2020 Basic Needs and Nutrition Basket Report

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