

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.00 25 kg bag	2 x 25Kg	190.00
Rice	193.11 5kg	4kg	154.48
Cassava Flour	20.95 1kg	6kg	125.68
(Sweet) Potatoes	9.93 1 Kg	4 Kg	39.72
Beans	19.31 1kg	3kg	57.94
Pounded Groundnut	19.25 1kg	1kg	19.25
Soya Pieces	23.21 1 kg	2kg	46.42
Beef	76.00 1kg	2kg	152.00
Chicken	91.48 2kg	5kg	228.69
Kapenta	75.07 1kg	1kg	75.07
Eggs	17.33 1 unit (10 eggs)	3 Trays (90 eggs)	156.00
Milk (Fresh)	15.80 500 ml	10 liters	316.00
Vegetables	592.21 40 Kg	40kg	592.21
Onion	20.94 1 Kg	4 Kg	83.75
Tomatoes	19.22 1 kg	6 kg	115.32
Banana	15.66 1 Kg	16 Kg	250.58
Other Fruits	27.61 1 kg	14 Kg	386.48
Cooking oil (2.5lts)	109.00 2.5lt	3.6lt	156.96
Salt	10.90 1 Kg	1 Kg	10.90
Tea	106.25 250g	250g	106.25
SubTotal			ZMW 3,263.71

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	129.60 90kg bag(s)	2 90kg bag(s)	259.20
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.60
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
Subtotal			ZMW 2,268.80

Total for Basic Needs and Nutrition Basket

ZMW 5,532.51

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	320.00	Chilonga-Town	120.00
Grades 8-9 (User + PTA/year)	280.00		
Grades 10-12 (User + PTA/year)	144.00		
Health		Fuel (cost at the pump)	
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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

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 October, 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 October Basic Needs Basket is approximately US\$321 based upon the exchange rate Of K17.22 Other costs would include personal care, clothing, recreation, etc.

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2021-10-31

Mpika October 2021 Basic Needs and Nutrition Basket Report

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