

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	158.00 25 kg bag	2 x 25Kg	316.00
Rice	88.80 5kg	4kg	71.04
Cassava Flour	6.91 1kg	6kg	41.48
(Sweet) Potatoes	7.97 1 Kg	4 Kg	31.87
Beans	14.43 1kg	3kg	43.29
Pounded Groundnut	17.54 1kg	1kg	17.54
Soya Pieces	30.23 1 kg	2kg	60.46
Beef	39.60 1kg	2kg	79.20
Chicken	42.44 2kg	5kg	106.11
Kapenta	105.07 1kg	1kg	105.07
Eggs	12.53 1 unit (10 eggs)	3 Trays (90 eggs)	112.80
Milk (Fresh)	7.40 500 ml	10 liters	148.00
Vegetables	232.93 40 Kg	40kg	232.93
Onion	9.53 1 Kg	4 Kg	38.11
Tomatoes	7.97 1 kg	6 kg	47.83
Banana	8.81 1 Kg	16 Kg	140.91
Other Fruits	3.03 1 kg	14 Kg	42.46
Cooking oil (2.5lts)	55.50 2.5lt	3.6lt	79.92
Salt	6.00 1 Kg	1 Kg	6.00
SubTotal			ZMW 1,721.01

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	85.50 90kg bag(s)	2 90kg bag(s)	171.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	10.40 400g	4 400g	41.60
Jelly (Vaseline)	24.40 500ml	1 500ml	24.40
Electricity (medium density)	250.00 30 Days	1 30 Days	250.00
Water & Sanitation (med - fixed)	191.00 30 Days	1 30 Days	191.00
Housing (3 bedroom)	980.00 30 Days	1 30 Days	980.00
Sanitary towels	10.00 Pack of 10	2 Pack of 10	20.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	16.00 250ml	1 250ml	16.00
Subtotal			ZMW 1,754.00

Total for Basic Needs and Nutrition Basket

ZMW 3,475.01

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

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 and Oranges.

This survey was conducted on 27th December, 2019 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\$251 based upon the exchange rate Of K13.85. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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2019-12-31

Mpika December 2019 Basic Needs and Nutrition Basket Report

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