

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	110.00 25 kg bag	2 x 25Kg	220.00
Rice	86.83 5kg	4kg	69.46
Cassava Flour	10.71 1kg	6kg	64.27
(Sweet) Potatoes	8.54 1 Kg	4 Kg	34.18
Beans	13.41 1kg	3kg	40.22
Pounded Groundnut	18.45 1kg	1kg	18.45
Soya Pieces	27.21 1 kg	2kg	54.43
Beef	38.50 1kg	2kg	77.00
Chicken	43.89 2kg	5kg	109.72
Kapenta	132.90 1kg	1kg	132.90
Eggs	12.67 1 unit (10 eggs)	3 Trays (90 eggs)	114.00
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	218.19 40 Kg	40kg	218.19
Onion	20.65 1 Kg	4 Kg	82.58
Tomatoes	6.92 1 kg	6 kg	41.55
Banana	7.69 1 Kg	16 Kg	122.97
Other Fruits	8.34 1 kg	14 Kg	116.75
Cooking oil (2.5lts)	75.00 2.5lt	3.6lt	108.00
Salt	8.00 1 Kg	1 Kg	8.00
SubTotal			ZMW 1,792.66

(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)	12.25 Tablet(s)	3 Tablet(s)	36.75
Wash soap (BOOM)	14.00 400g	4 400g	56.00
Jelly (Vaseline)	28.00 500ml	1 500ml	28.00
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	11.50 Pack of 10	2 Pack of 10	23.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	24.25 250ml	1 250ml	24.25
Subtotal			ZMW 2,069.00

Total for Basic Needs and Nutrition Basket

ZMW 3,861.66

(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
CD4 Count	150.00		

(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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,630.43	6,365.72	5,353.84.	4,893.93	6,077.84	5,203.27

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 May, 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 May Basic Needs Basket is approximately US\$215 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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2020-05-31

Mpika May 2020 Basic Nutrition and Needs Basket Report

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