

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**January 2020**

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

<b>Commodity</b>	<b>Price (ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Mealie Meal (Roller)	145.67 25 kg bag	2 x 25Kg	291.33
Rice	86.52 5kg	4kg	69.22
Cassava Flour	10.14 1kg	6kg	60.82
(Sweet) Potatoes	8.45 1 Kg	4 Kg	33.81
Beans	12.46 1kg	3kg	37.38
Pounded Groundnut	17.66 1kg	1kg	17.66
Soya Pieces	24.71 1 kg	2kg	49.43
Beef	36.80 1kg	2kg	73.60
Chicken	46.54 2kg	5kg	116.36
Kapenta	136.53 1kg	1kg	136.53
Eggs	13.00 1 unit (10 eggs)	3 Trays (90 eggs)	117.00
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	149.00 40 Kg	40kg	149.00
Onion	10.93 1 Kg	4 Kg	43.72
Tomatoes	12.76 1 kg	6 kg	76.56
Banana	7.16 1 Kg	16 Kg	114.51
Other Fruits	3.49 1 kg	14 Kg	48.90
Cooking oil (2.5lts)	57.50 2.5lt	3.6lt	82.80
Salt	6.00 1 Kg	1 Kg	6.00
<b>SubTotal</b>			<b>ZMW 1,684.63</b>

## **(B) COST OF ESSENTIAL NON-FOOD ITEMS**

<b>Commodity</b>	<b>Price(ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
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 250ml	1 250ml	21.20
<b>Subtotal</b>			<b>ZMW 2,047.80</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 3,732.43</b>

## **(C) SOME OTHER ADDITIONAL COSTS**

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
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		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
<b>item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
Consultation Fee	100.00	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
7,410.96	3,801.29	3,658.82	3,927.78	5,870.13	4,984.47	5,558.42	4,269.48	3,732.43	4,914.74	5,095.38	5,863.53	5,242.63	4,602.95	4,863.79	4,923.41

### **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 January, 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 January Basic Needs Basket is approximately US\$256 based upon the exchange rate Of K14.56. Other costs would include personal care, clothing, recreation, etc.

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