

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

February 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)	145.67 25 kg bag	2 x 25Kg	291.33
Rice	85.71 5kg	4kg	68.57
Cassava Flour	10.39 1kg	6kg	62.32
(Sweet) Potatoes	8.52 1 Kg	4 Kg	34.07
Beans	13.23 1kg	3kg	39.69
Pounded Groundnut	18.48 1kg	1kg	18.48
Soya Pieces	25.49 1 kg	2kg	50.98
Beef	37.80 1kg	2kg	75.60
Chicken	46.90 2kg	5kg	117.25
Kapenta	136.72 1kg	1kg	136.72
Eggs	13.20 1 unit (10 eggs)	3 Trays (90 eggs)	118.80
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	154.57 40 Kg	40kg	154.57
Onion	10.37 1 Kg	4 Kg	41.48
Tomatoes	11.43 1 kg	6 kg	68.58
Banana	6.74 1 Kg	16 Kg	107.91
Other Fruits	11.32 1 kg	14 Kg	158.42
Cooking oil (2.5lts)	57.50 2.5lt	3.6lt	82.80
Salt	6.10 1 Kg	1 Kg	6.10
SubTotal			ZMW 1,793.66

(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)	69.40 500ml	1 500ml	69.40
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	14.00 Pack of 10	2 Pack of 10	28.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	21.20 250ml	1 250ml	21.20
Subtotal			ZMW 2,092.60

Total for Basic Needs and Nutrition Basket

ZMW 3,886.26

(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
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-12)	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
7,015.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,703.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5346.30	4885.84	5,122.10	5,437.68

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 24th February, 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 Chituliika markets around Mpika. The February Basic Needs Basket is approximately US\$264 based upon the exchange rate Of K14.71. Other costs would include personal care, clothing, recreation, etc

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<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2020-02-28

Mpika February 2020 Basic Needs and Nutrition Basket Report

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