

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**July 2020**

## (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	99.46 5kg	4kg	79.57
Cassava Flour	8.91 1kg	6kg	53.48
(Sweet) Potatoes	7.58 1 Kg	4 Kg	30.33
Beans	17.83 1kg	3kg	53.49
Pounded Groundnut	27.00 1kg	1kg	27.00
Soya Pieces	22.84 1 kg	2kg	45.68
Beef	40.00 1kg	2kg	80.00
Chicken	49.49 2kg	5kg	123.74
Kapenta	205.55 1kg	1kg	205.55
Eggs	15.33 1 unit (10 eggs)	3 Trays (90 eggs)	138.00
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	311.74 40 Kg	40kg	311.74
Onion	8.43 1 Kg	4 Kg	33.72
Tomatoes	5.57 1 kg	6 kg	33.40
Banana	8.13 1 Kg	16 Kg	130.05
Other Fruits	16.11 1 kg	14 Kg	225.49
Cooking oil (2.5lts)	79.38 2.5lt	3.6lt	114.30
Salt	8.06 1 Kg	1 Kg	8.06
<b>SubTotal</b>			<b>ZMW 2,063.61</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	96.00 90kg bag(s)	2 90kg bag(s)	192.00
Soap (Lifebuoy/Champion)	13.75 Tablet(s)	3 Tablet(s)	41.25
Wash soap (BOOM)	14.25 400g	4 400g	57.00
Jelly (Vaseline)	31.25 500ml	1 500ml	31.25
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)	5.25 Tissue(s)	6 Tissue(s)	31.50
Lotion (Dawn)	21.75 250ml	1 250ml	21.75
<b>Subtotal</b>			<b>ZMW 2,088.75</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,152.36**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	17.62
Consultation Fee	100.00	Diesel (per litre)	15.59
CD4 Count	150.00	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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4845.56	5,221.71	5,324.60

### 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 July, 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 July Basic Needs Basket is approximately US\$228.15 based upon the exchange rate Of K18.20. Other costs would include personal care, clothing, recreation, etc

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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