

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

October 2020

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 101.50 25 kg bag | 2 x 25Kg | 203.00 |
| Rice | 105.78 5kg | 4kg | 84.63 |
| Cassava Flour | 8.39 1kg | 6kg | 50.37 |
| (Sweet) Potatoes | 10.29 1 Kg | 4 Kg | 41.15 |
| Beans | 18.73 1kg | 3kg | 56.20 |
| Pounded Groundnut | 22.75 1kg | 1kg | 22.75 |
| Soya Pieces | 20.01 1 kg | 2kg | 40.02 |
| Beef | 50.25 1kg | 2kg | 100.50 |
| Chicken | 51.02 2kg | 5kg | 127.54 |
| Kapenta | 236.29 1kg | 1kg | 236.29 |
| Eggs | 15.56 1 unit (10 eggs) | 3 Trays (90 eggs) | 140.00 |
| Milk (Fresh) | 11.00 500 ml | 10 liters | 220.00 |
| Vegetables | 338.91 40 Kg | 40kg | 338.91 |
| Onion | 4.62 1 Kg | 4 Kg | 18.49 |
| Tomatoes | 8.82 1 kg | 6 kg | 52.94 |
| Banana | 10.65 1 Kg | 16 Kg | 170.42 |
| Other Fruits | 19.72 1 kg | 14 Kg | 276.03 |
| Cooking oil (2.5lts) | 80.00 2.5lt | 3.6lt | 115.20 |
| Salt | 8.31 1 Kg | 1 Kg | 8.31 |
| SubTotal | | | ZMW 2,302.74 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price(ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------------------|-------------------|------------------|---------------------|
| Charcoal | 76.67 90kg bag(s) | 2 90kg bag(s) | 153.33 |
| Soap (Lifebuoy/Champion) | 13.75 Tablet(s) | 3 Tablet(s) | 41.25 |
| Wash soap (BOOM) | 16.00 400g | 4 400g | 64.00 |
| Jelly (Vaseline) | 32.00 500ml | 1 500ml | 32.00 |
| 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 | 20.00 Pack of 10 | 2 Pack of 10 | 40.00 |
| Toilet Paper (2ply) | 6.53 Tissue(s) | 6 Tissue(s) | 39.15 |
| Lotion (Dawn) | 22.13 250ml | 1 250ml | 22.13 |
| Subtotal | | | ZMW 2,082.86 |

Total for Basic Needs and Nutrition Basket

ZMW 4,385.59

(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 | | |
| School Uniform (Grades 1-7) | 280.00 | | |
| School Uniform (Grades 8-12) | 400.00 | | |

| Health | | Fuel (cost at the pump) | |
|------------------|--------------|--------------------------------|--------------|
| item | Amount (ZMW) | Item | Amount (ZMW) |
| Malaria test | 50.00 | 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 |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|
| 7,060.29 | 3,897.18 | 4,388.03 | 4,146.22 | 6,083.79 | 6,391.27 | 5,371.89 | 5,376.94 | 4,385.59 | 5,137.41 | 5,811.99 | 5,808.70 | 5,389.03 | 5,001.70 | 5,330.01 | 5,078.07 |

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 October, 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 October Basic Needs Basket is approximately US\$216 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-10-31

Mpika October 2020 Basic Needs and Nutrition Basket Report

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