

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	157.00 25 kg bag	2 x 25Kg	314.00
Rice	82.68 5kg	4kg	66.14
Cassava Flour	6.66 1kg	6kg	39.97
(Sweet) Potatoes	7.07 1 Kg	4 Kg	28.27
Beans	13.88 1kg	3kg	41.63
Pounded Groundnut	10.43 1kg	1kg	10.43
Soya Pieces	30.59 1 kg	2kg	61.18
Beef	38.80 1kg	2kg	77.60
Chicken	47.14 2kg	5kg	117.86
Kapenta	100.00 1kg	1kg	100.00
Eggs	12.20 1 unit (10 eggs)	3 Trays (90 eggs)	109.80
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	199.53 40 Kg	40kg	199.53
Onion	7.49 1 Kg	4 Kg	29.96
Tomatoes	6.58 1 kg	6 kg	39.50
Banana	8.51 1 Kg	16 Kg	136.13
Other Fruits	19.93 1 kg	14 Kg	279.07
Cooking oil (2.5lts)	55.90 2.5lt	3.6lt	80.50
Salt	6.00 1 Kg	1 Kg	6.00
<b>Subtotal</b>			<b>ZMW 1,897.57</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	50.00 90kg bag(s)	2 90kg bag(s)	100.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	24.25 500ml	1 500ml	24.25
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
Water & Sanitation (med - fixed)	191.00 Month(s)	1 Month(s)	191.00
Housing (3 bedroom)	1,000.00 Month(s)	1 Month(s)	1,000.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	22.00 Tissue(s)	6 Tissue(s)	132.00
Lotion (Dawn)	15.67 250ml	1 250ml	15.67
<b>Subtotal</b>			<b>ZMW 1,822.92</b>

## **Total for Basic Needs Basket**

**ZMW 3,720.49**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Tazara-Town	80.00
Grades 8-9 (User + PTA/year)	600.00	Chilonga-Town	180.00
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-9)	385.00		
School Uniform (Grades 8-12)	400.00		
<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)	15.98
Malaria test	50.00	Diesel (per litre)	14.23
Consultation Fee	100.00	Paraffin (per litre)	13.04

**(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
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

**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 27<sup>th</sup> November, 2019 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 Maiteneke Market, Kaole Market, Chilyapa Market, Down Market, Main Market and Shoprite. Additional information was obtained from ZESCO, Luapula Water and Sewerage Company and schools, clinics, hospital and houses around Mansa. The November Basic Needs Basket is approximately US\$254 based upon the exchange rate of K14.65 per US\$ prevailing on the days of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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