

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	127.33 25 kg bag	2 x 25Kg	254.67
Rice	184.94 5kg	4kg	147.95
Cassava Flour	19.51 1kg	6kg	117.08
(Irish) Potatoes	17.50 1 Kg	4 Kg	70.00
Beans	19.70 1kg	3kg	59.09
Pounded Groundnut	20.68 1kg	1kg	20.68
Soya Pieces	30.57 1 kg	2kg	61.14
Beef	84.80 1kg	2kg	169.60
Chicken	105.00 2kg	5kg	262.50
Kapenta	102.85 1kg	1kg	102.85
Eggs	19.20 1 unit (10 eggs)	3 Trays (90 eggs)	172.80
Milk (Fresh)	15.40 500 ml	10 liters	308.00
Vegetables	453.56 40 Kg	40kg	453.56
Onion	10.40 1 Kg	4 Kg	41.60
Tomatoes	16.35 1 kg	6 kg	98.10
Banana	11.57 1 Kg	16 Kg	185.05
Other Fruits	7.13 1 kg	14 Kg	99.88
Cooking oil (2.5lts)	98.50 2.5lt	3.6lt	141.84
Salt	16.20 1 Kg	1 Kg	16.20
Tea	38.00 250g	250g	38.00
Sub Total			ZMW 2,820.58

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	140.00 90kg bag(s)	2 90kg bag(s)	280.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	48.00
Electricity (medium density)	440.00 Month(s)	1 Month(s)	440.00
Water & Sanitation (med - fixed)	169.50 Month(s)	1 Month(s)	169.50
Housing (3 bedroom)	1,486.66 Month(s)	1 Month(s)	1,486.66
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	19.00 Pack of 10	2 Pack of 10	38.00
Toilet Paper (2ply)	6.40 Tissue(s)	6 Tissue(s)	38.40
Lotion (Dawn)	37.00 400ml	1 400ml	37.00
Subtotal			ZMW 2,621.90

Total for Basic Needs and Nutrition Basket

ZMW 5,443.14

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
School uniform (grade 8-12)	174.00	Chilonga-Town	120.00
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93
		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
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 27th June by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Musakanya market, Old and New market, Chitulika market and Chilongo market and Schools, Clinics/hospitals, and filling stations around Mpika. The January Basic Needs and Nutrition Basket is approximately US\$296.31 based on the exchange rate of K18.37. Other costs would include personal care, clothing, recreation, etc.

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