

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	100.00 5kg	4kg	80.00
Cassava Flour	14.17 1kg	6kg	85.00
(Irish) Potatoes	13.89 1 Kg	4 Kg	55.56
Beans	23.14 1kg	3kg	69.41
Pounded Groundnut	15.83 1kg	1kg	15.83
Soya Pieces	47.56 1 kg	2kg	95.12
Beef	80.00 1kg	2kg	160.00
Chicken	110.00 2kg	5kg	275.00
Kapenta	113.75 1kg	1kg	113.75
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	444.72 40 Kg	40kg	444.72
Onion	30.00 1 Kg	4 Kg	120.00
Tomatoes	18.75 1 kg	6 kg	112.50
Banana	12.00 1 Kg	16 Kg	192.00
Other Fruits	12.00 1 kg	14 Kg	168.00
Cooking oil (2.5lts)	110.00 2.5lt	3.6lt	158.40
Salt	10.00 1 Kg	1 Kg	10.00
Tea	14.40 250g	250g	14.40
SubTotal			ZMW 2,909.69

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	165.00 90kg bag(s)	2 90kg bag(s)	330.00
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	39.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	185.00 Month(s)	1 Month(s)	185.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 2,014.00
Total for Basic Needs and Nutrition Basket			ZMW 4,923.69

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Chibesa-Town	150.00
		Turn off-Town	150.00
School Uniform (Grades 8-12)	450.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54

(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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 25th January 2022, 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 Kalungu, Kabatamba, New and Old market as well as Schools, clinics/hospitals, and filling stations around Chinsali. The January Basic Needs and Nutrition Basket is approximately US\$276.61 based on the exchange rate of K17.80 other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka