

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.33 25 kg bag	2 x 25Kg	264.67
Rice	183.70 5kg	4kg	146.96
Cassava Flour	20.15 1kg	6kg	120.91
(Irish) Potatoes	17.97 1 Kg	4 Kg	71.88
Beans	21.88 1kg	3kg	65.65
Pounded Groundnut	25.11 1kg	1kg	25.11
Soya Pieces	32.73 1 kg	2kg	65.46
Beef	78.50 1kg	2kg	157.00
Chicken	111.25 2kg	5kg	278.13
Kapenta	103.05 1kg	1kg	103.05
Eggs	18.58 1 unit (10 eggs)	3 Trays (90 eggs)	167.25
Milk (Fresh)	15.75 500 ml	10 liters	315.00
Vegetables	485.28 40 Kg	40kg	485.28
Onion	20.37 1 Kg	4 Kg	81.49
Tomatoes	17.55 1 kg	6 kg	105.32
Banana	12.13 1 Kg	16 Kg	194.16
Other Fruits	27.62 1 kg	14 Kg	386.68
Cooking oil (2.5lts)	121.88 2.5lt	3.6lt	175.50
Salt	11.33 1 Kg	1 Kg	11.33
Tea	19.00 250g	250g	19.00
<b>SubTotal</b>			<b>ZMW 3,239.82</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	135.00 90kg bag(s)	2 90kg bag(s)	270.00
Soap (Lifebuoy/Champion)	16.50 Tablet(s)	3 Tablet(s)	49.50
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	39.75 500ml	1 500ml	39.75
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
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	4.25 Tissue(s)	6 Tissue(s)	25.50
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,675.91</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,915.73</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School uniform (grade 8-12)	174.00	Chilonga-Town	120.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54
		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
9,305.38	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 25<sup>th</sup> 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$332.34 Based upon 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**