

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.00 25 kg bag	2 x 25Kg	260.00
Rice	136.54 5kg	4kg	109.23
Cassava Flour	17.00 1kg	6kg	102.00
(Irish) Potatoes	17.88 1 Kg	4 Kg	71.52
Beans	25.99 1kg	3kg	77.97
Pounded Groundnut	21.00 1kg	1kg	21.00
Soya Pieces	42.88 1 kg	2kg	85.76
Beef	75.00 1kg	2kg	150.00
Chicken	110.00 2kg	5kg	275.00
Kapenta	120.00 1kg	1kg	120.00
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	497.42 40 Kg	40kg	497.42
Onion	22.00 1 Kg	4 Kg	88.00
Tomatoes	19.88 1 kg	6 kg	119.28
Banana	13.50 1 Kg	16 Kg	216.00
Other Fruits	25.00 1 kg	14 Kg	350.00
Cooking oil (2.5lts)	128.00 2.5lt	3.6lt	184.32
Salt	13.00 1 Kg	1 Kg	13.00
Tea	17.05 250g	250g	17.05
Sub Total			ZMW 3,211.56

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	155.00 90kg bag(s)	2 90kg bag(s)	310.00
Soap (Lifebuoy/Champion)	14.87 Tablet(s)	3 Tablet(s)	44.61
Wash soap (BOOM)	19.00 400g	4 400g	76.00
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)	42.00 500ml	1 500ml	42.00
Sanitary towels	26.00 Pack of 10	2 Pack of 10	52.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	37.00 400ml	1 400ml	37.00
Subtotal			ZMW 2,693.77
Total for Basic Needs and Nutrition Basket			ZMW 5,905.33

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
School uniform (grade 8-12)	174.00

Transport (bus fare round

Item	Amount (ZMW)
Chilonga-Town	120.00

Health

Fuel (cost at the pump, April 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.50
Diesel (per litre)	26.22
Paraffin (per litre)	19.32

(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
9,326.41	4,929.03	5046.50	5,046.50	7,419.56	7,786.89	5,681.23	5821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6453.27

This survey was conducted on 27th April, 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 Musakanya, Old Tazara, City, New Tazara, Chitulika, Chilongo, and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$348.60 based upon the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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