

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	144.00 25 kg bag	2 x 25Kg	288.00
Rice	118.67 5kg	4kg	94.94
Cassava Flour	13.58 1kg	6kg	81.48
(Sweet) Potatoes	10.00 1 Kg	4 Kg	40.00
Beans	33.00 1kg	3kg	99.00
Pounded Groundnut	42.90 1kg	1kg	42.90
Soya Pieces	51.00 1 kg	2kg	102.00
Beef	73.00 1kg	2kg	146.00
Chicken	128.00 2kg	5kg	320.00
Kapenta	156.20 1kg	1kg	156.20
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	422.87 40 Kg	40kg	422.87
Onion	15.99 1 Kg	4 Kg	63.96
Tomatoes	16.50 1 kg	6 kg	99.00
Banana	11.75 1 Kg	16 Kg	188.00
Other Fruits	16.04 1 kg	14 Kg	224.56
Cooking oil (2.5lts)	140.00 2.5lt	3.6lt	201.60
Salt	10.00 1 Kg	1 Kg	10.00
Tea	17.00 250g	250g	17.00
<b>SubTotal</b>			<b>ZMW 3,071.50</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	160.50 90kg bag(s)	2 90kg bag(s)	321.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
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)	140.00 Month(s)	1 Month(s)	420.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	47.00 500ml	1 500ml	47.00
Sanitary towels	28.00 Pack of 10	2 Pack of 10	52.50
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	36.00 400ml	1 400ml	36.00
<b>Subtotal</b>			<b>ZMW 2,326.50</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,398.00</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	232.00

### **Transport (bus fare round trip)**

Item	Amount (ZMW)
Border-Town	20.00
Gonder-Town	20.00
Kapata-Town	10.00

### **Health**

### **Fuel (cost at the pump June, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	24.95

Diesel (per litre)	25.64
Paraffin (per litre)	18.76

**(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27<sup>th</sup> June, 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 Kapata market, Nabvutika market, Saturday market, Kaumbwe market, Shoprite and Magazine market and Schools, clinics/hospitals, and filling stations around Chipata. The June Basic Needs and Nutrition Basket is approximately US\$ 306.00 based on the exchange rate of K17.64 other costs would include personal care, clothing, recreation, etc.

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