

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	152.66 25 kg bag	2 x 25Kg	305.32
Rice	120.67 5kg	4kg	96.54
Cassava Flour	13.90 1kg	6kg	83.40
(Sweet) Potatoes	12.00 1 Kg	4 Kg	48.00
Beans	28.67 1kg	3kg	86.01
Pounded Groundnut	30.11 1kg	1kg	30.11
Soya Pieces	32.00 1 kg	2kg	64.00
Beef	90.00 1kg	2kg	180.00
Chicken	109.00 2kg	5kg	272.50
Kapenta	142.90 1kg	1kg	142.90
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	466.67 40 Kg	40kg	466.67
Onion	16.33 1 Kg	4 Kg	65.32
Tomatoes	17.66 1 kg	6 kg	105.96
Banana	16.00 1 Kg	16 Kg	256.00
Other Fruits	20.09 1 kg	14 Kg	281.26
Cooking oil (2.5lts)	130.77 2.5lt	3.6lt	188.31
Salt	11.00 1 Kg	1 Kg	11.00
Tea	32.00 250g	250g	32.00
Sub Total			ZMW 3,215.29

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	176.00 90kg bag(s)	2 90kg bag(s)	352.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
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
Jelly (Vaseline)	45.88 500ml	1 500ml	45.88
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 2,108.88
Total for Basic Needs and Nutrition Basket			ZMW 5,324.17

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
		Chibesa-Town	150.00
		Turn off-Town	150.00
School Uniform (Grades 8-12)	450.00		

Health

Fuel (cost at the pump July, 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.75
Diesel (per litre)	28.01

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4, 839.61	5,645.47	5,843.48	7,326.37	7,950

This survey was conducted on 25th 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 Kalungu, Kabatamba, New and Old market as well as Schools, clinics/hospitals, and filling stations around Chinsali. The July Basic Needs and Nutrition Basket is approximately US\$based on the exchange rate of K16.64 other costs would include personal care, clothing, recreation, etc.

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