

JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

July 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	120.00 5kg	4kg	96.00
Cassava Flour	12.00 1kg	6kg	72.00
(Sweet) Potatoes	13.44 1 Kg	4 Kg	53.76
Beans	35.77 1kg	3kg	107.31
Pounded Groundnut	40.11 1kg	1kg	40.11
Soya Pieces	48.00 1 kg	2kg	96.00
Beef	75.00 1kg	2kg	150.00
Chicken	121.70 2kg	5kg	304.25
Kapenta	160.22 1kg	1kg	160.22
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	14.50 500 ml	10 liters	290.00
Vegetables	433.33 40 Kg	40kg	433.33
Onion	16.23 1 Kg	4 Kg	64.92
Tomatoes	14.00 1 kg	6 kg	84.00
Banana	14.56 1 Kg	16 Kg	232.96
Other Fruits	17.00 1 kg	14 Kg	238.00
Cooking oil (2.5lts)	135.00 2.5lt	3.6lt	194.40
Salt	11.33 1 Kg	1 Kg	11.33
Tea	20.00 250g	250g	20.00
Sub Total			ZMW 3,093.59

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	158.00 90kg bag(s)	2 90kg bag(s)	316.00
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)	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)	48.90 500ml	1 500ml	48.90
Sanitary towels	28.23 Pack of 10	2 Pack of 10	56.46
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.78 400ml	1 400ml	35.78
Subtotal			ZMW 2,324.14
Total for Basic Needs and Nutrition Basket			ZMW 5, 417.73

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
		Border-Town	21.50
		Gonder-Town	21.50
		Kapata-Town	11.50
School Uniform (Grades 8-12)	232.00		

Health

Fuel (cost at the pump July, 2022)

Item	Amount (ZMW)
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Petrol (per litre)	26.75
Diesel (per litre)	28.01
Paraffin (per litre)	21.27

(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	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 25th July, 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 July Basic Needs and Nutrition Basket is approximately US\$325.6 based on the exchange rate of K16.64 other costs would include personal care, clothing, recreation, etc.

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