

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	180.00 25 kg bag	2 x 25Kg	360.00
Rice	115.98 5kg	4kg	92.78
Cassava Flour	15.00 1kg	6kg	90.00
(Sweet) Potatoes	14.12 1 Kg	4 Kg	56.48
Beans	35.00 1kg	3kg	105.00
Pounded Groundnut	38.45 1kg	1kg	38.45
Soya Pieces	28.21 1 kg	2kg	56.42
Chicken	120.00 2kg	5kg	300.00
Kapenta	142.98 1kg	1kg	142.98
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	477.78 40 Kg	40kg	477.78
Tomatoes	14.55 1 kg	6 kg	87.30
Banana	17.14 1 Kg	16 Kg	274.24
Other Fruits	18.00 1 kg	14 Kg	252.00
Cooking oil (2.5lts)	56.25 2.5lt	3.6lt	81.00
Salt	10.00 1 Kg	1 Kg	10.00
Tea	32.00 250g	250g	32.00
Sub Total			ZMW 2,861.43

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	162.00 90kg bag(s)	2 90kg bag(s)	324.00
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)	51.12 500ml	1 500ml	51.12
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 2,096.12
Total for Basic Needs and Nutrition Basket			ZMW 4,957.55

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
		Transport (bus fare round trip)	
		Chibesa-Town	147.00
		Turn off-Town	147.00
School Uniform (Grades 8-12)	450.00		

Health

Item	Amount (ZMW)
Fuel (cost at the pump Sept, 2022)	
Petrol (per litre)	21.54
Diesel (per litre)	23.12
Paraffin (per litre)	16.71

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September, 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 September Basic Needs and Nutrition Basket is approximately US\$ 315.56based on the exchange rate of K15.71 other costs would include personal care, clothing, recreation, etc.