

JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.50 25 kg bag	2 x 25Kg	285.00
Rice	118.01 5kg	4kg	94.40
Cassava Flour	14.66 1kg	6kg	87.96
(Irish) Potatoes	10.89 1 Kg	4 Kg	43.55
Beans	39.06 1kg	3kg	117.18
Pounded Groundnut	36.25 1kg	1kg	36.25
Soya Pieces	37.50 1 kg	2kg	75.00
Beef	76.38 1kg	2kg	152.75
Chicken	103.31 2kg	5kg	258.28
Kapenta	170.89 1kg	1kg	170.89
Eggs	17.50 1 unit (10 eggs)	3 Trays (90 eggs)	157.50
Milk (Fresh)	20.75 500 ml	10 liters	415.00
Vegetables	458.96 40 Kg	40kg	458.96
Onion	21.54 1 Kg	4 Kg	86.18
Tomatoes	18.77 1 kg	6 kg	112.61
Banana	17.00 1 Kg	16 Kg	272.00
Other Fruits	21.67 1 kg	14 Kg	303.33
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	10.50 1 Kg	1 Kg	10.50
Tea	29.00 250g	250g	29.00
Sub Total			ZMW 3,313.53

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	175.00 90kg bag(s)	2 90kg bag(s)	350.00
Soap (Lifebuoy/Champion)	17.50 Tablet(s)	3 Tablet(s)	52.50
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	140.00 Month(s)	1 Month(s)	140.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	48.00 500ml	1 500ml	48.00
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
Subtotal			ZMW 2,048.50
Total for Basic Needs and Nutrition Basket			ZMW 5,362.03

(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	21.50
Gonder-Town	21.50
Kapata-Town	11.50

Health

Fuel (cost at the pump Sept, 2022)

Item	Amount (ZMW)
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, 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 September Basic Needs and Nutrition Basket is approximately US\$333.32 based on the exchange rate of K15.71 other costs would include personal care, clothing, recreation, etc.

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