

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.00 25 kg bag	2 x 25Kg	250.00
Rice	123.11 5kg	4kg	98.49
Cassava Flour	14.94 1kg	6kg	89.66
(Irish) Potatoes	12.95 1 Kg	4 Kg	51.81
Beans	22.50 1kg	3kg	67.50
Pounded Groundnut	27.25 1kg	1kg	27.25
Soya Pieces	38.29 1 kg	2kg	76.58
Beef	78.75 1kg	2kg	157.50
Chicken	76.31 2kg	5kg	190.77
Kapenta	153.63 1kg	1kg	153.63
Eggs	19.17 1 unit (10 eggs)	3 Trays (90 eggs)	172.50
Milk (Fresh)	16.50 500 ml	10 liters	330.00
Vegetables	480.47 40 Kg	40kg	480.47
Onion	12.32 1 Kg	4 Kg	49.29
Tomatoes	10.16 1 kg	6 kg	60.99
Banana	14.94 1 Kg	16 Kg	239.09
Other Fruits	21.79 1 kg	14 Kg	305.00
Cooking oil (2.5lts)	125.00 2.5lt	3.6lt	180.00
Salt	9.83 1 Kg	1 Kg	9.83
Tea	49.00 250g	250g	49.00
Sub Total			ZMW 3,039.35

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	124.75 90kg bag(s)	2 90kg bag(s)	249.50
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.50
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	440.00 Month(s)	1 Month(s)	440.00
Water & Sanitation (med - fixed)	169.50 Month(s)	1 Month(s)	169.50
Housing (3 bedroom)	1,486.66 Month(s)	1 Month(s)	1,486.66
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	20.00 Pack of 10	1 Pack of 10	30.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	41.50 400ml	1 400ml	41.50
Subtotal			ZMW 2,625.50
Total for Basic Needs and Nutrition Basket			ZMW 5,664.85

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Amount (ZMW)
School uniform (grade 8-12)	174.00	Chilonga-Town	120.00

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 Musakanya, Kamwanya, , New Tazara, Chitulika, Chilongo, and Schools, clinics/hospitals, and filling stations around Mpika The September Basic Needs and Nutrition Basket is approximately US\$360.58 based upon the exchange rate of K15.71Other costs would include personal care, clothing, recreation, etc.

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