

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

October 2022

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 172.50 25 kg bag | 2 x 25Kg | 345.00 |
| Rice | 114.04 5kg | 4kg | 91.23 |
| Cassava Flour | 10.95 1kg | 6kg | 65.71 |
| (Irish) Potatoes | 11.85 1 Kg | 4 Kg | 47.42 |
| Beans | 33.93 1kg | 3kg | 101.79 |
| Pounded Groundnut | 41.30 1kg | 1kg | 41.30 |
| Soya Pieces | 22.88 1 kg | 2kg | 45.76 |
| Beef | 81.00 1kg | 2kg | 162.00 |
| Chicken | 100.00 2kg | 5kg | 250.00 |
| Kapenta | 141.44 1kg | 1kg | 141.44 |
| Eggs | 20.00 1 unit (10 eggs) | 3 Trays (90 eggs) | 180.00 |
| Milk (Fresh) | 12.00 500 ml | 10 liters | 240.00 |
| Vegetables | 446.94 40 Kg | 40kg | 446.94 |
| Onion | 15.37 1 Kg | 4 Kg | 61.48 |
| Tomatoes | 18.23 1 kg | 6 kg | 109.40 |
| Banana | 16.14 1 Kg | 16 Kg | 258.26 |
| Other Fruits | 20.00 1 kg | 14 Kg | 280.00 |
| Cooking oil (2.5lts) | 100.00 2.5lt | 3.6lt | 144.00 |
| Salt | 8.00 1 Kg | 1 Kg | 8.00 |
| Tea | 26.25 250g | 250g | 26.25 |
| Sub Total | | | ZMW 3,045.98 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|---|--------------------|------------------|---------------------|
| Charcoal | 148.75 90kg bag(s) | 2 90kg bag(s) | 297.50 |
| Soap (Lifebuoy/Champion) | 9.00 Tablet(s) | 3 Tablet(s) | 27.00 |
| 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) | 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) | 45.00 500ml | 1 500ml | 45.00 |
| Sanitary towels | 35.00 Pack of 10 | 2 Pack of 10 | 70.00 |
| Toilet Paper (2ply) | 7.00 Tissue(s) | 6 Tissue(s) | 42.00 |
| Lotion (Dawn) | 40.00 400ml | 1 400ml | 40.00 |
| Subtotal | | | ZMW 2,052.50 |
| Total for Basic Needs and Nutrition Basket | | | ZMW 5,098.48 |

(C) SOME OTHER ADDITIONAL COSTS

Education

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

Health

Fuel (cost at the pump Sept, 2022)

| Item | Amount (ZMW) |
|--------------------|--------------|
| Petrol (per litre) | 22.74 |
| Diesel (per litre) | 26.16 |

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

| Chinsali | Chipata | Choma | Kabwe | Kasama | Livingstone | Lusaka | Mansa | Mazabuka | Mongu | Monze | Mpika | Ndola | Solwezi |
|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 5,098.48 | 5,376.21 | 6,044.00 | 6,884.91 | 4,772.60 | 6,987.87 | 8,537.78 | 4,607.36 | 5,911.49 | 4,797.78 | 5,496.65 | 6,007.25 | 7,416.64 | 7,810.82 |

This survey was conducted on 25th October, 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 October Basic Needs and Nutrition Basket is approximately US\$ 305.1156 based on the exchange rate of K16.71 other costs would include personal care, clothing, recreation, etc.

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