

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	127.67 25 kg bag	2 x 25Kg	255.33
Rice	94.53 5kg	4kg	75.63
Cassava Flour	6.33 1kg	6kg	37.99
(Irish) Potatoes	10.48 1 Kg	4 Kg	41.90
Beans	18.02 1kg	3kg	54.06
Pounded Groundnut	24.88 1kg	1kg	24.88
Soya Pieces	19.11 1 kg	2kg	38.22
Beef	51.67 1kg	2kg	103.33
Chicken	123.33 2kg	5kg	308.33
Kapenta	74.67 1kg	1kg	74.67
Eggs	17.94 1 unit (10 eggs)	3 Trays (90 eggs)	161.50
Milk (Fresh)	9.60 500 ml	10 liters	192.00
Vegetables	328.96 40 Kg	40kg	328.96
Onion	16.03 1 Kg	4 Kg	64.13
Tomatoes	8.22 1 kg	6 kg	49.32
Other Fruits	7.24 1 kg	14 Kg	101.31
Cooking oil (2.5lts)	133.33 2.5lt	3.6lt	192.00
Salt	20.00 1 Kg	1 Kg	20.00
Tea	40.00 250g	250g	40.00
<b>Sub Total</b>			<b>ZMW 2,163.56</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	245.20 90kg bag(s)	2 90kg bag(s)	490.40
Soap (Lifebuoy/Champion)	14.40 Tablet(s)	3 Tablet(s)	43.20
Wash soap (BOOM)	18.75 400g	4 400g	75.00
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20 Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1350.00 Month(s)	1 Month(s)	1350.00
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
Sanitary towels	22.50 Pack of 10	2 Pack of 10	45.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 2,443.80</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,607.36</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i><b>(Education)</b></i>		<i><b>Transport (bus fare round)</b></i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Maiteneke - Town	100.00
		Kaole- town	100.00
School Uniform (Grades 8-12)	240.00		
<i><b>Health</b></i>		<i><b>Fuel (cost at the pump)</b></i>	
Item	Amount (ZMW)	Item (Oct, 2022)	Amount (ZMW)
Registration (book)	5.00	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 Kaole, Main market, shoprite, chilyapa and maiteneke and Schools, Clinics/hospitals, and filling stations around Lusaka. The October Basic Needs Basket is approximately US\$.275.72 based upon the exchange rate Of K16.71. Other costs Would include personal care, clothing, recreation, etc.

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