

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.40 25 kg bag	2 x 25Kg	262.80
Rice	136.74 5kg	4kg	109.39
Cassava Flour	12.21 1kg	6kg	73.29
(Sweet) Potatoes	15.83 1 Kg	4 Kg	63.33
Beans	33.20 1kg	3kg	99.59
Pounded Groundnut	26.59 1kg	1kg	26.59
Soya Pieces	47.98 1 kg	2kg	95.96
Beef	76.67 1kg	2kg	153.33
Chicken	106.80 2kg	5kg	266.99
Kapenta	189.15 1kg	1kg	189.15
Eggs	17.67 1 unit (10 eggs)	3 Trays (90 eggs)	159.00
Milk (Fresh)	15.20 500 ml	10 liters	303.96
Vegetables	419.55 40 Kg	40kg	419.55
Onion	12.93 1 Kg	4 Kg	51.72
Tomatoes	16.97 1 kg	6 kg	101.82
Banana	10.97 1 Kg	16 Kg	175.48
Other Fruits	3.04 1 kg	14 Kg	42.56
Cooking oil (2.5lts)	120.00 2.5lt	3.6lt	172.80
Salt	10.80 1 Kg	1 Kg	10.80
Tea	26.50 250g	250g	26.50
Sub Total			ZMW 2,804.61

(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)	14.75 Tablet(s)	3 Tablet(s)	44.25
Wash soap (BOOM)	16.50 400g	4 400g	66.00
Jelly (Vaseline)	28.33 500ml	1 500ml	28.33
Electricity (medium density)	200.00Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1,350.00Month(s)	1 Month(s)	1,350.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	25.00 400ml	1 400ml	25.00
Subtotal			ZMW 2,278.78
Total for Basic Needs and Nutrition Basket			ZMW 5,083.38

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Maiteneke-Town	22.00
		Kaole -Town	18.00
School Uniform (Grades 8-12)	283.50		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93
	Paraffin (per litre)	15.39	

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25th January, 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 Kaole, main market, Chilyapa market, Down UB market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Mansa. The January Basic Needs and Nutrition Basket is approximately US\$276.72 based on the exchange rate of K18.37. Other costs Would include personal care, clothing, recreation, etc.

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