

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	155.00 25 kg bag	2 x 25Kg	310.00
Rice	104.76 5kg	4kg	83.81
Cassava Flour	10.91 1kg	6kg	65.43
(Irish) Potatoes	15.97 1 Kg	4 Kg	63.90
Beans	27.94 1kg	3kg	83.82
Pounded Groundnut	18.62 1kg	1kg	18.62
Soya Pieces	40.18 1 kg	2kg	80.36
Beef	80.00 1kg	2kg	160.00
Chicken	110.00 2kg	5kg	275.00
Kapenta	120.00 1kg	1kg	120.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	437.50 40 Kg	40kg	437.50
Onion	25.00 1 Kg	4 Kg	100.00
Tomatoes	25.00 1 kg	6 kg	150.00
Banana	16.50 1 Kg	16 Kg	264.00
Other Fruits	27.50 1 kg	14 Kg	385.00
Cooking oil (2.5lts)	125.00 2.5lt	3.6lt	180.00
Salt	9.00 1 Kg	1 Kg	9.00
Tea	15.00 250g	250g	15.00
Sub Total			ZMW 3,301.44

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	160.00 90kg bag(s)	2 90kg bag(s)	320.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	22.00 400g	4 400g	88.00
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
Subtotal			ZMW 2,060.00
Total for Basic Needs and Nutrition Basket			ZMW 5,361.44

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Chibesa-Town	150.00
		Turn off-Town	150.00
School Uniform (Grades 8-12)	450.00		
Health		Fuel (cost at the pump March, 2022)	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54

(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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

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 Kalungu, Kabatamba, New and Old market as well as Schools, clinics/hospitals, and filling stations around Chinsali. The January Basic Needs and Nutrition Basket is approximately US\$304.62 based on the exchange rate of K17.60 other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka