

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	151.83 25 kg bag	2 x 25Kg	303.66
Rice	110.67 5kg	4kg	88.53
Cassava Flour	15.99 1kg	6kg	95.94
(Irish) Potato	11.87 1 Kg	4 Kg	47.46
Beans	25.78 1kg	3kg	77.35
Pounded Groundnut	49.18 1kg	1kg	49.18
Soya Pieces	57.39 1 kg	2kg	114.78
Beef	79.58 1kg	2kg	159.17
Chicken	108.74 2kg	5kg	270.00
Kapenta	270.00 1kg	1kg	270.00
Eggs	18.28 1 unit (10 eggs)	3 Trays (90 eggs)	164.50
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	440.65 40 Kg	40kg	440.65
Onion	22.23 1 Kg	4 Kg	88.92
Tomatoes	25.29 1 kg	6 kg	151.76
Banana	16.81 1 Kg	16 Kg	268.91
Other Fruits	23.04 1 kg	14 Kg	322.58
Cooking oil (2.5lts)	135.50 2.5lt	3.6lt	238.32
Salt	15.00 1 Kg	1 Kg	15.00
Tea	19.66 250g	250g	19.66
<b>Sub Total</b>			<b>ZMW 3,506.29</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	162.00 90kg bag(s)	2 90kg bag(s)	324.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	19.67 400g	4 400g	78.66
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	140.00 Month(s)	1 Month(s)	420.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	48.83 500ml	1 500ml	48.83
Sanitary towels	23.17 Pack of 10	2 Pack of 10	46.33
Toilet Paper (2ply)	5.83 Tissue(s)	4 Tissue(s)	30.99
Lotion (Dawn)	35.33 400ml	1 400ml	35.33
<b>Subtotal</b>			<b>ZMW 2,315.14</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,821.51</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	232.00

### **Transport (bus fare round trip)**

Item	Amount (ZMW)
Border-Town	20.00
Gonder-Town	20.00
Kapata-Town	10.00

### **Health**

### **Fuel (cost at the pump April, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	26.50

Diesel (per litre)

26.22

Paraffin (per litre)

19.32

**(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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25<sup>th</sup> April, 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 Kapata market, Nabvutika market, Saturday market, Kaumbwe market, Shoprite and Magazine market and Schools, clinics/hospitals, and filling stations around Chipata. The April Basic Needs and Nutrition Basket is approximately US\$343.65 based on the exchange rate of K16.94 other costs would include personal care, clothing, recreation, etc.

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