

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	152.50 25 kg bag	2 x 25Kg	305.00
Rice	112.50 5kg	4kg	90.00
Cassava Flour	10.10 1kg	6kg	60.59
(Sweet) Potatoes	15.90 1 Kg	4 Kg	63.61
Beans	26.50 1kg	3kg	79.50
Pounded Groundnut	25.50 1kg	1kg	25.50
Soya Pieces	40.17 1 kg	2kg	80.33
Beef	92.50 1kg	2kg	185.00
Chicken	100.00 2kg	5kg	250.00
Kapenta	145.83 1kg	1kg	145.83
Eggs	21.67 1 unit (10 eggs)	3 Trays (90 eggs)	195.00
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	429.82 40 Kg	40kg	429.82
Onion	17.97 1 Kg	4 Kg	71.89
Tomatoes	24.13 1 kg	6 kg	144.77
Banana	13.00 1 Kg	16 Kg	208.00
Other Fruits	22.45 1 kg	14 Kg	314.30
Cooking oil (2.5lts)	122.67 2.5lt	3.6lt	176.64
Salt	10.50 1 Kg	1 Kg	10.50
Tea	34.00 250g	250g	34.00
Sub Total			ZMW 3,190.29

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	154.00 90kg bag(s)	2 90kg bag(s)	308.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	21.00 400g	4 400g	84.00
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)	41.00 500ml	1 500ml	41.00
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)	32.00 500ml	1 500ml	32.00
Subtotal			ZMW 2,051.00
Total for Basic Needs and Nutrition Basket			ZMW 5,241.29

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
		Chibesa-Town	150.00
		Turn off-Town	150.00
School Uniform (Grades 8-12)	450.00		

Health

Transport (bus fare round trip)

Fuel (cost at the pump May, 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64

(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26th May 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 April Basic Needs and Nutrition Basket is approximately US\$305.25 based on the exchange rate of K17.17 other costs would include personal care, clothing, recreation, etc.

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