

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.00 25 kg bag	2 x 25Kg	260.00
Rice	134.35 5kg	4kg	107.48
Cassava Flour	15.51 1kg	6kg	93.07
(Sweet) Potatoes	12.19 1 Kg	4 Kg	48.77
Beans	27.26 1kg	3kg	81.78
Pounded Groundnut	34.28 1kg	1kg	34.28
Soya Pieces	35.70 1 kg	2kg	71.39
Beef	75.00 1kg	2kg	150.00
Chicken	100.00 2kg	5kg	250.00
Kapenta	125.56 1kg	1kg	125.56
Eggs	19.00 1 unit (10 eggs)	3 Trays (90 eggs)	171.00
Milk (Fresh)	16.67 500 ml	10 liters	333.33
Vegetables	515.28 40 Kg	40kg	515.28
Onion	19.62 1 Kg	4 Kg	78.50
Tomatoes	15.89 1 kg	6 kg	95.35
Banana	13.11 1 Kg	16 Kg	209.84
Other Fruits	23.19 1 kg	14 Kg	324.70
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	15.00 1 Kg	1 Kg	15.00
Tea	33.33 250g	250g	33.33
Sub Total			ZMW 3,185.85

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	154.50 90kg bag(s)	2 90kg bag(s)	309.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	440.00 Month(s)	1 Month(s)	440.00
Water & Sanitation (med - fixed)	169.50 Month(s)	1 Month(s)	169.50
Housing (3 bedroom)	1,486.66 Month(s)	1 Month(s)	1,486.66
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	35.00 Pack of 10	2 Pack of 10	70.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 2,712.16
Total for Basic Needs and Nutrition Basket			ZMW 5,898.01

(C) SOME OTHER ADDITIONAL COSTS

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Education

Item	Amount (ZMW)
School uniform (grade 8-12)	174.00

Transport (bus fare round

Item	Amount (ZMW)
Chilonga-Town	120.00

Health

Fuel (cost at the pump, May 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

(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 Musakanya, Old Tazara, City, New Tazara, Chitulika, Chilongo, and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$343.50 based upon the exchange rate of K17.17. Other costs would include personal care, clothing, recreation, etc.

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