

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.34 25 kg bag	2 x 25Kg	300.68
Rice	114.12 5kg	4kg	91.30
Cassava Flour	10.03 1kg	6kg	60.18
(Sweet) Potatoes	13.84 1 Kg	4 Kg	55.36
Beans	24.50 1kg	3kg	73.50
Pounded Groundnut	26.89 1kg	1kg	26.89
Soya Pieces	39.23 1 kg	2kg	78.46
Beef	92.15 1kg	2kg	184.30
Chicken	103.00 2kg	5kg	257.50
Kapenta	141.79 1kg	1kg	141.79
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	451.52 40 Kg	40kg	451.52
Onion	18.05 1 Kg	4 Kg	72.20
Tomatoes	22.91 1 kg	6 kg	137.46
Banana	13.00 1 Kg	16 Kg	208.00
Other Fruits	22.43 1 kg	14 Kg	314.02
Cooking oil (2.5lts)	125.54 2.5lt	3.6lt	180.78
Salt	10.50 1 Kg	1 Kg	10.50
Tea	36.28 250g	250g	36.28
SubTotal			ZMW 3,170.71

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	163.65 90kg bag(s)	2 90kg bag(s)	327.30
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
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)	43.00 500ml	1 500ml	43.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	34.00 500ml	1 500ml	34.00
Subtotal			ZMW 2,073.30
Total for Basic Needs and Nutrition Basket			ZMW 5,244.01

(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)

Item	Amount (ZMW)
Petrol (per litre)	24.95
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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27th June 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 June Basic Needs and Nutrition Basket is approximately US\$290.27 based on the exchange rate of K17.64 other costs would include personal care, clothing, recreation, etc.

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