

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

June 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	132.03 5kg	4kg	105.62
Cassava Flour	16.42 1kg	6kg	98.55
(Sweet) Potatoes	11.00 1 Kg	4 Kg	44.01
Beans	34.34 1kg	3kg	103.01
Pounded Groundnut	30.01 1kg	1kg	30.01
Soya Pieces	35.57 1 kg	2kg	71.15
Beef	75.00 1kg	2kg	150.00
Chicken	94.74 2kg	5kg	236.86
Kapenta	126.13 1kg	1kg	126.13
Eggs	18.78 1 unit (10 eggs)	3 Trays (90 eggs)	169.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	507.67 40 Kg	40kg	507.67
Onion	14.92 1 Kg	4 Kg	59.68
Tomatoes	9.22 1 kg	6 kg	55.29
Banana	14.28 1 Kg	16 Kg	228.51
Other Fruits	21.71 1 kg	14 Kg	303.95
Cooking oil (2.5lts)	125.00 2.5lt	3.6lt	180.00
Salt	11.00 1 Kg	1 Kg	11.00
Tea	16.67 250g	250g	16.67
<b>Sub Total</b>			<b>ZMW 3,167.11</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	156.67 90kg bag(s)	2 90kg bag(s)	313.33
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
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
Sanitary towels	33.33 Pack of 10	2 Pack of 10	66.67
Toilet Paper (2ply)	7.33 Tissue(s)	6 Tissue(s)	44.00
Lotion (Dawn)	36.67 250ml	1 250ml	36.67
<b>Subtotal</b>			<b>ZMW 2,721.83</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,888.94</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **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, June 2022)**

Item	Amount (ZMW)
Petrol (per litre)	24.95
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

#### **(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA**

This survey was conducted on 27<sup>th</sup> 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 Musakanya, Old Tazara, City, New Tazara, Chitulika, Chilongo, and Schools, clinics/hospitals, and filling stations around Lusaka. The June Basic Needs and Nutrition Basket is approximately US\$333.84 based upon the exchange rate of K17.64. 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**