

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	155.22 25 kg bag	2 x 25Kg	310.44
Rice	122.00 5kg	4kg	97.60
Cassava Flour	11.90 1kg	6kg	71.40
(Sweet) Potatoes	13.44 1 Kg	4 Kg	53.76
Beans	34.76 1kg	3kg	104.28
Pounded Groundnut	32.00 1kg	1kg	32.00
Soya Pieces	30.11 1 kg	2kg	60.22
Beef	85.12 1kg	2kg	170.24
Chicken	112.90 2kg	5kg	282.25
Kapenta	150.00 1kg	1kg	150.00
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	15.40 500 ml	10 liters	307.96
Vegetables	448.88 40 Kg	40kg	448.88
Onion	14.82 1 Kg	4 Kg	59.28
Tomatoes	10.11 1 kg	6 kg	60.66
Banana	16.50 1 Kg	16 Kg	264.00
Other Fruits	19.88 1 kg	14 Kg	278.32
Cooking oil (2.5lts)	133.00 2.5lt	3.6lt	191.52
Salt	11.56 1 Kg	1 Kg	11.56
Tea	29.99 250g	250g	29.99
<b>Sub Total</b>			<b>ZMW 3,149.36</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.50
Wash soap (BOOM)	19.78 400g	4 400g	79.12
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)	49.00 500ml	1 500ml	49.00
Sanitary towels	28.00 Pack of 10	2 Pack of 10	56.00
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,129.69</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,279.05</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	450.00

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

Item	Amount (ZMW)
Chibesa-Town	147.00
Turn off-Town	147.00

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25<sup>th</sup> August, 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 August Basic Needs and Nutrition Basket is approximately US\$ 318.05 based on the exchange rate of K15.90 other costs would include personal care, clothing, recreation, etc.

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