

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	162.25 25 kg bag	2 x 25Kg	324.50
Rice	163.62 5kg	4kg	130.90
Cassava Flour	32.82 1kg	6kg	196.95
Beans	35.27 1kg	3kg	105.82
Pounded Groundnut	49.21 1kg	1kg	49.21
Soya Pieces	40.72 1 kg	2kg	81.44
Beef	64.83 1kg	2kg	129.66
Chicken	85.83 2kg	5kg	214.58
Kapenta	173.59 1kg	1kg	173.59
Eggs	18.73 1 unit (10 eggs)	3 Trays (90 eggs)	168.59
Milk (Fresh)	11.65 500 ml	10 liters	233.00
Vegetables	661.00 40 Kg	40 Kg	661.00
Onion	24.64 1 Kg	4 Kg	98.57
Banana	20.25 1 Kg	16 Kg	324.00
Other Fruits	8.29 1 kg	14 Kg	116.00
Cooking oil (2.5lts)	133.83 2.5lt	3.6lt	192.72
Salt	10.50 1 Kg	1 Kg	10.50
Tea	25.66 250g	250g	25.66
<b>SubTotal</b>			<b>ZMW 3,236.69</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	206.00 90kg bag(s)	2 90kg bag(s)	412.00
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	39.00
Wash soap (BOOM)	15.58 400g	4 400g	62.33
Electricity (medium density)	171.00 Month(s)	1 Month(s)	171.00
Water & Sanitation (med - fixed)	140.00 Month(s)	1 Month(s)	140.00
Housing (3 bedroom)	1,115.00 Month(s)	1 Month(s)	1,115.00
Jelly (Vaseline)	28.17 500ml	1 500ml	28.17
Sanitary towels	16.25 Pack of 10	2 Pack of 10	32.50
Toilet Paper (2ply)	4.75 Tissue(s)	6 Tissue(s)	28.50
Lotion (Dawn)	18.17 400ml	1 400ml	18.17
<b>Subtotal</b>			<b>ZMW 2,046.67</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,283.36</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Border-Town	21.50
		Gonder-Town	21.50
		Kapata-Town	11.50
School Uniform (Grades 8-12)	232.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25<sup>th</sup> November, 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 Kapata, Kaumbwe, Navutika, Magazine, Saturday and Shoprite market as well as Schools, clinics/hospitals, and filling stations around Chipata The November Basic Needs and Nutrition Basket is approximately US\$ 306.82 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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