

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	197.50 25 kg bag	2 x 25Kg	395.00
Rice	112.35 5kg	4kg	89.88
Cassava Flour	13.14 1kg	6kg	78.83
Irish Potatoes	15.37 1 Kg	4 Kg	61.48
Beans	15.88 1kg	3kg	47.65
Pounded Groundnut	18.26 1kg	1kg	18.26
Beef	90.00 1kg	2kg	180.00
Chicken	121.25 2kg	5kg	303.13
Kapenta	170.99 1kg	1kg	170.99
Eggs	25.00 1 unit (10 eggs)	3 Trays (90 eggs)	225.00
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	603.52 40 Kg	40kg	603.52
Onion	89.71 1 Kg	4 Kg	358.84
Tomatoes	16.53 1 kg	6 kg	99.18
Banana	17.66 1 Kg	16 Kg	282.62
Other Fruits	13.49 1 kg	14 Kg	188.88
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	10.00 1 Kg	1 Kg	10.00
Tea	22.51 250g	250g	22.51
<b>SubTotal</b>			<b>ZMW 3,465.37</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
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)	45.00 500ml	1 500ml	45.00
Sanitary towels	40.00 Pack of 10	2 Pack of 10	80.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,037.00</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,502.37**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Chibesa-Town	147.00
		Turn off-Town	147.00
School Uniform (Grades 8-12)	450.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item (Fuel pump prim, Oct 2022)	Amount (ZMW)
		Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25<sup>th</sup> December, 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 December Basic Needs and Nutrition Basket is approximately US\$ 306.2 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc

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