

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	149.00 25 kg bag	2 x 25Kg	298.00
Rice	81.71 5kg	4kg	65.37
Cassava Flour	6.91 1kg	6kg	41.44
Irish Potatoes	11.08 1 Kg	4 Kg	44.33
Beans	18.49 1kg	3kg	55.46
Pounded Groundnut	24.70 1kg	1kg	24.70
Soya Pieces	12.00 1 kg	2kg	24.00
Beef	53.00 1kg	2kg	106.00
Chicken	114.00 2kg	5kg	285.00
Kapenta	41.58 1kg	1kg	41.58
Eggs	16.07 1 unit (10 eggs)	3 Trays (90 eggs)	144.60
Milk (Fresh)	9.60 500 ml	10 liters	192.00
Vegetables	248.66 40 Kg	40kg	248.66
Onion	16.03 1 Kg	4 Kg	64.12
Tomatoes	8.55 1 kg	6 kg	51.30
Banana	14.99 1 Kg	16 Kg	239.84
Other Fruits	7.01 1 kg	14 Kg	98.18
Cooking oil (2.5lts)	96.00 2.5lt	3.6lt	138.24
Salt	16.20 1 Kg	1 Kg	16.20
Tea	20.40 250g	250g	20.40
SubTotal			ZMW 2,199.42

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	540.00 90kg bag(s)	2 90kg bag(s)	1,080.00
Soap (Lifebuoy/Champion)	14.40 Tablet(s)	3 Tablet(s)	43.20
Wash soap (BOOM)	15.60 400g	4 400g	62.40
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	145.20 Month(s)	1 Month(s)	145.20
Housing (3 bedroom)	1350.00 Month(s)	1 Month(s)	1350.00
Jelly (Vaseline)	29.00 400ml	1 400ml	29.00
Sanitary towels	20.20 Pack of 10	2 Pack of 10	40.40
Toilet Paper (2ply)	5.20 Tissue(s)	6 Tissue(s)	31.20
Lotion (Dawn)	21.40 250ml	1 250ml	21.40
Subtotal			ZMW 3,002.80
Total for Basic Needs and Nutrition Basket			ZMW 5,202.22

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Maiteneke - Town	100.00
		Kaole- town	100.00
School Uniform (Grades 8-12)	240.00		
Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
Registration (book)	5.00	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 25th 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 Kaole, Main market, shoprite, chilyapa and maiteneke market as well as Schools, clinics/hospitals, and filling stations around Mansa. The December Basic Needs and Nutrition Basket is approximately US\$ 289.49 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

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