

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	100.00 25 kg bag	2 x 25Kg	200.00
Rice	104.17 5kg	4kg	83.34
Cassava Flour	11.51 1kg	6kg	69.08
(Sweet) Potatoes	8.63 1 Kg	4 Kg	34.53
Beans	13.50 1kg	3kg	40.49
Pounded Groundnut	20.16 1kg	1kg	20.16
Soya Pieces	30.17 1 kg	2kg	60.34
Beef	38.40 1kg	2kg	76.80
Chicken	51.70 2kg	5kg	129.26
Kapenta	131.49 1kg	1kg	131.49
Eggs	13.47 1 unit (10 eggs)	3 Trays (90 eggs)	121.20
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	210.11 40 Kg	40kg	210.11
Onion	21.56 1 Kg	4 Kg	86.24
Tomatoes	8.25 1 kg	6 kg	49.51
Banana	7.83 1 Kg	16 Kg	125.21
Other Fruits	13.25 1 kg	14 Kg	185.48
Cooking oil (2.5lts)	76.00 2.5lt	3.6lt	109.44
Salt	8.00 1 Kg	1 Kg	8.00
SubTotal			ZMW 1,900.68

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	57.00 90kg bag(s)	2 90kg bag(s)	114.00
Soap (Lifebuoy/Champion)	12.20 Tablet(s)	3 Tablet(s)	36.60
Wash soap (BOOM)	14.00 400g	4 400g	56.00
Jelly (Vaseline)	28.00 500ml	1 500ml	28.00
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	191.00 Month(s)	1 Month(s)	191.00
Housing (3 bedroom)	1,200.00 Month(s)	1 Month(s)	1,200.00
Sanitary towels	20.80 Pack of 10	2 Pack of 10	41.60
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	23.80 250ml	1 250ml	23.80
Subtotal			ZMW 2,021.00

Total for Basic Needs and Nutrition Basket

ZMW 3,921.68

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Tazara-Town	85.00
Grades 8-9 (User + PTA/year)	600.00	Chilonga-Town	190.00
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 8-12)	400.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	17.62
Malaria test	50.00	Diesel (per litre)	15.59
Consultation Fee	100.00	Paraffin (per litre)	15.39
CD4 Count	150.00		

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27th June, 2020 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Musakanya, Old Tazara, New Tazara, Chilonga and Chitulika markets around Mpika. The June Basic Needs Basket is approximately US\$218 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc

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