

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	115.63 25 kg bag	2 x 25Kg	231.27
Rice	116.25 5kg	4kg	93.00
(Irish) Potatoes	17.01 1 Kg	4 Kg	68.03
Beans	45.63 1kg	3kg	136.90
Pounded Groundnut	43.71 1kg	1kg	43.71
Soya Pieces	56.42 1 kg	2kg	112.84
Beef	67.33 1kg	2kg	134.66
Chicken	169.23 2kg	5kg	423.08
Kapenta	257.92 1kg	1kg	257.92
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	173.99
Milk (Fresh)	13.73 500 ml	10 liters	274.67
Vegetables	444.47 40 Kg	40kg	444.47
Onion	17.53 1 Kg	4 Kg	70.12
Tomatoes	10.53 1 kg	6 kg	63.17
Banana	8.58 1 Kg	16 Kg	137.25
Other Fruits	25.00 1 kg	14 Kg	350.00
Cooking oil (2.5lts)	131.00 2.5lt	3.6lt	188.64
Salt	7.83 1 Kg	1 Kg	7.83
Tea	30.57 250g	250g	30.57
Sub Total			ZMW 3,242.11

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	210.00 90kg bag(s)	2 90kg bag(s)	420.00
Soap (Lifebuoy/Champion)	14.75 Tablet(s)	3 Tablet(s)	44.24
Wash soap (BOOM)	18.00 400g	4 400g	71.98
Electricity (medium density)	324.00 Month(s)	1 Month(s)	324.00
Water & Sanitation (med - fixed)	202.63 Month(s)	1 Month(s)	202.63
Housing (3 bedroom)	1,572.00 Month(s)	1 Month(s)	1,572.00
Jelly (Vaseline)	43.95 500ml	1 500ml	43.95
Sanitary towels	18.60 Pack of 10	2 Pack of 10	37.20
Toilet Paper (2ply)	5.05 Tissue(s)	6 Tissue(s)	30.30
Lotion (Dawn)	27.25 400ml	1 400ml	27.25
Subtotal			ZMW 2,773.54
Total for Basic Needs and Nutrition Basket			ZMW 6,015.65

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
School Uniform (Grades 8-12)	195.00

Transport (bus fare round trip)

Item	Amount (ZMW)
Kalukungu-Town	24.00
Macha Road-Town	30.00

Health

Registration (book)	5.00
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Fuel (cost at the pump Sept, 2022)

Item	Amount (ZMW)
Petrol (per litre)	21.54
Diesel (per litre)	23.12
Paraffin (per litre)	16.71

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September, 2022 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 Spar Supermarket, Macha Rd, Makkalangunzu and Kalukungu market and Schools, Clinics/hospitals, and filling stations around Choma. The September Basic Needs and Nutrition Basket is approximately US\$382.91 based on the exchange rate of K15.71. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2022-09-30

Choma September 2022 Basic Needs and Nutrition Basket Report

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