

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.99 25 kg bag	2 x 25Kg	273.98
Rice	115.12 5kg	4kg	92.10
(Sweet) Potatoes	10.00 1 Kg	4 Kg	40.00
Beans	45.65 1kg	3kg	136.95
Pounded Groundnut	46.99 1kg	1kg	46.99
Soya Pieces	44.00 1 kg	2kg	88.00
Beef	73.00 1kg	2kg	146.00
Chicken	133.61 2kg	5kg	334.03
Kapenta	207.67 1kg	1kg	207.67
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	12.86 500 ml	10 liters	257.20
Vegetables	419.33 40 Kg	40kg	419.33
Onion	23.00 1 Kg	4 Kg	92.00
Tomatoes	11.23 1 kg	6 kg	67.38
Banana	10.00 1 Kg	16 Kg	160.00
Other Fruits	23.42 1 kg	14 Kg	327.88
Cooking oil (2.5lts)	132.00 2.5lt	3.6lt	190.08
Salt	11.00 1 Kg	1 Kg	11.00
Tea	32.76 250g	250g	32.76
<b>SubTotal</b>			<b>ZMW 3,103.34</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	220.00 90kg bag(s)	2 90kg bag(s)	440.00
Soap (Lifebuoy/Champion)	10.95 Tablet(s)	3 Tablet(s)	32.85
Wash soap (BOOM)	19.00 400g	4 400g	76.00
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
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
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	36.55 400ml	1 400ml	36.55

**Subtotal** **ZMW 2,809.03**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,912.37**

## (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	25.00
Macha Road-Town	20.00

### **Health**

Registration (book)	5.00
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### **Fuel (cost at the pump June 2022)**

Item	Amount (ZMW)
Petrol (per litre)	24.95

Diesel (per litre)

25.64

Paraffin (per litre)

18.76

**(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27<sup>th</sup> June, 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 June Basic Needs and Nutrition Basket is approximately US\$ 335.16 based on the exchange rate of K17.64. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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2022-06-30

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