

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

April 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.00 25 kg bag	2 x 25Kg	290.00
Rice	78.12 5kg	4kg	62.50
Cassava Flour	12.50 1kg	6kg	75.00
(Sweet) Potatoes	6.96 1 Kg	4 Kg	27.85
Beans	29.57 1kg	3kg	88.70
Pounded Groundnut	81.10 1kg	1kg	81.10
Soya Pieces	42.71 1 kg	2kg	85.42
Beef	33.75 1kg	2kg	67.50
Chicken	86.13 2kg	5kg	215.32
Kapenta	169.81 1kg	1kg	169.81
Eggs	13.08 1 unit (10 eggs)	3 Trays (90 eggs)	117.74
Milk (Fresh)	8.12 500 ml	10 liters	162.45
Vegetables	169.02 40 Kg	40kg	169.02
Onion	14.15 1 Kg	4 Kg	56.61
Tomatoes	11.48 1 kg	6 kg	68.87
Banana	8.63 1 Kg	16 Kg	138.09
Other Fruits	21.03 1 kg	14 Kg	294.48
Cooking oil (2.5lts)	67.25 2.5lt	3.6lt	96.84
Salt	7.20 1 Kg	1 Kg	7.20
Tea	43.60 250g	250g	43.60
SubTotal			ZMW 2,318.08

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 Pack of 10	2 Pack of 10	216.00
Charcoal	112.50 90kg bag(s)	2 90kg bag(s)	225.00
Soap (Lifebuoy/Champion)	10.08 Tablet(s)	3 Tablet(s)	30.23
Wash soap (BOOM)	11.75 400g	4 400g	46.99
Jelly (Vaseline)	20.25 500ml	1 500ml	20.25
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	180.00 Month(s)	1 Month(s)	180.00
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	17.20 Pack of 10	2 Pack of 10	34.40
Toilet Paper (2ply)	3.23 Tissue(s)	6 Tissue(s)	19.35
Lotion (Dawn)	23.15 250ml	1 250ml	23.15
Subtotal			ZMW 2,922.88

Total for Basic Needs and Nutrition Basket

ZMW 5,240.95

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,050.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	6,000.00		

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	60.00	Diesel (per litre)	15.59
Malaria test	50.00	Paraffin (per litre)	15.39
Consultation Fee	100.00		
CD4 Count	77.00		

(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
7,158.67	3,860.28	4,307.92	4,226.03	5,896.79	7,428.38	5,389.04	4,441.86	3,890.14	5,280.69	5,361.73	6,048.36	5,404.36	5,240.95	6,639.90	5,060.29

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 April, 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 spar, macha road, makalanguzu and kalukungu. The April Basic Needs Basket is approximately US\$281 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-04-30

Choma April 2020 Basic Needs and Nutrition Basket Report

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