

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.00 25 kg bag	2 x 25Kg	270.00
Rice	113.74 5kg	4kg	90.99
Irish Potatoes	16.10 1 Kg	4 Kg	64.40
Beans	36.69 1kg	3kg	110.07
Pounded Groundnut	63.93 1kg	1kg	63.93
Soya Pieces	53.30 1 kg	2kg	106.59
Beef	64.50 1kg	2kg	129.00
Chicken	160.85 2kg	5kg	402.13
Kapenta	292.13 1kg	1kg	292.13
Eggs	19.75 1 unit (10 eggs)	3 Trays (90 eggs)	177.74
Milk (Fresh)	16.05 500 ml	10 liters	321.00
Vegetables	227.29 40 Kg	40kg	227.29
Onion	17.67 1 Kg	4 Kg	70.69
Tomatoes	15.36 1 kg	6 kg	92.18
Banana	16.17 1 Kg	16 Kg	258.70
Other Fruits	30.37 1 kg	14 Kg	425.16
Cooking oil (2.5lts)	118.83 2.5lt	3.6lt	171.12
Salt	10.70 1 Kg	1 Kg	10.70
Tea	50.00 250g	250g	50.00
SubTotal			ZMW 3,333.80

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	160.00 90kg bag(s)	2 90kg bag(s)	320.00
Soap (Lifebuoy/Champion)	14.70 Tablet(s)	3 Tablet(s)	44.10
Wash soap (BOOM)	17.75 400g	4 400g	70.99
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)	34.50 500ml	1 500ml	34.50
Sanitary towels	15.80 Pack of 10	2 Pack of 10	31.60
Toilet Paper (2ply)	4.78 Tissue(s)	6 Tissue(s)	28.65
Lotion (Dawn)	29.35 400ml	1 400ml	29.35
Subtotal			ZMW 2,657.82
Total for Basic Needs and Nutrition Basket			ZMW 5,991.62

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
School Uniform (Grades 8-12)	195.00	Kalukungu-Town	24.00
		Macha Road-Town	30.00

Item	Amount (ZMW)	Item (Fuel pump prim, Jan 2023)	Amount (ZMW)
Registration (book)		Petrol (per litre)	24. 49
		Diesel (per litre)	26. 44
		Paraffin (per litre)	19. 98

(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
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 25th January, 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, Macha Road, Makkalanguzu and Kalukungu as well as Schools, clinics/hospitals, and filling stations around Choma. The December Basic Needs and Nutrition Basket is approximately US\$316.18 based on the exchange rate of K18.95 other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2023-01-31

Choma January 2023 Basic Needs and Nutrition Basket Report

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