

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.13 25 kg bag	2 x 25Kg	300.25
Rice	111.00 5kg	4kg	88.80
Irish Potatoes	16.35 1 Kg	4 Kg	65.41
Beans	37.01 1kg	3kg	111.04
Pounded Groundnut	63.16 1kg	1kg	63.16
Soya Pieces	52.97 1 kg	2kg	105.94
Beef	64.50 1kg	2kg	129.00
Chicken	178.80 2kg	5kg	447.00
Kapenta	276.46 1kg	1kg	276.46
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	173.99
Milk (Fresh)	13.85 500 ml	10 liters	277.00
Vegetables	222.00 40 Kg	40kg	222.00
Onion	16.12 1 Kg	4 Kg	64.48
Tomatoes	20.79 1 kg	6 kg	124.76
Banana	16.20 1 Kg	16 Kg	259.14
Other Fruits	26.87 1 kg	14 Kg	376.16
Cooking oil (2.5lts)	119.63 2.5lt	3.6lt	172.27
Salt	11.08 1 Kg	1 Kg	11.08
Tea	58.85 250g	250g	58.85
<b>SubTotal</b>			<b>ZMW 3,326.78</b>

## (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)	15.95 Tablet(s)	3 Tablet(s)	47.85
Wash soap (BOOM)	16.25 400g	4 400g	64.99
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)	113.25 500ml	1 500ml	113.25
Sanitary towels	18.25 Pack of 10	2 Pack of 10	36.50
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	27.00
Lotion (Dawn)	29.35 400ml	1 400ml	29.35
<b>Subtotal</b>			<b>ZMW 2,624.32</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,951.1</b>

## (C) SOME OTHER ADDITIONAL COSTS

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

Item	Amount (ZMW)	Item (Fuel pump prim, Feb 2023)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	27.22
		Diesel (per litre)	29.25
		Paraffin (per litre)	22.29

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6558.18	6,269.85	7,761.83	8038.24

This survey was conducted on 25<sup>th</sup> February, 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\$ 301.17 based on the exchange rate of K 19.76. Other costs would include personal care, clothing, recreation, etc.

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2023-02-28

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