# JCTR BASIC NEEDS AND NUTRITION BASKET <br> Choma <br> February 2023 

| (A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE |  |  |  |
| :---: | :---: | :---: | :---: |
| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
| Mealie Meal (Roller) | 150.1325 kg bag | $2 \times 25 \mathrm{Kg}$ | 300.25 |
| Rice | 111.00 5kg | 4 kg | 88.80 |
| Irish Potatoes | 16.351 Kg | 4 Kg | 65.41 |
| Beans | 37.01 1kg | 3 kg | 111.04 |
| Pounded Groundnut | 63.161 kg | 1 kg | 63.16 |
| Soya Pieces | 52.971 kg | 2 kg | 105.94 |
| Beef | 64.50 1kg | 2 kg | 129.00 |
| Chicken | 178.80 2kg | 5 kg | 447.00 |
| Kapenta | 276.461 kg | 1 kg | 276.46 |
| Eggs | 19.331 unit (10 eggs) | 3 Trays (90 eggs) | 173.99 |
| Milk (Fresh) | 13.85500 ml | 10 liters | 277.00 |
| Vegetables | 222.0040 Kg | 40 kg | 222.00 |
| Onion | 16.121 Kg | 4 Kg | 64.48 |
| Tomatoes | 20.791 kg | 6 kg | 124.76 |
| Banana | 16.201 Kg | 16 Kg | 259.14 |
| Other Fruits | 26.871 kg | 14 Kg | 376.16 |
| Cooking oil (2.5lts) | 119.63 2.5lt | 3.61t | 172.27 |
| Salt | 11.081 Kg | 1 Kg | 11.08 |
| Tea | 58.85 250g | 250 g | 58.85 |
| SubTotal |  |  | ZMW 3,326.78 |
| (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) | 113.25500 ml | 1500 ml | 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 | 1400 ml | 29.35 |

Subtotal
ZMW 2,624.32
Total for Basic Needs and Nutrition Basket
ZMW 5,951.1
(C) SOME OTHER ADDITIONAL COSTS

| Education |  | Transport (bus fare round |  |
| :---: | :---: | :---: | :---: |
|  |  | Kalukungu-Town | 24.00 |
|  |  | Macha Road-Town | 30.00 |
| School Uniform (Grades 8-12) | 195.00 |  |  |
| 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 | Livingst one | Lusaka | Luanshy a | Mansa | $\begin{aligned} & \text { Mazabu } \\ & \text { ka } \end{aligned}$ | 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 $25^{\text {th }}$ 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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

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