

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	122.25 25 kg bag	2 x 25Kg	244.50
Rice	125.01 5kg	4kg	100.01
(Sweet) Potatoes	11.76 1 Kg	4 Kg	47.04
Beans	36.03 1kg	3kg	108.10
Pounded Groundnut	33.01 1kg	1kg	33.01
Soya Pieces	55.67 1 kg	2kg	111.35
Beef	63.50 1kg	2kg	127.00
Chicken	90.95 2kg	5kg	227.38
Kapenta	211.51 1kg	1kg	211.51
Eggs	21.50 1 unit (10 eggs)	3 Trays (90 eggs)	193.49
Milk (Fresh)	15.35 500 ml	10 liters	307.00
Vegetables	177.44 40 Kg	40kg	177.44
Onion	25.58 1 Kg	4 Kg	102.32
Tomatoes	10.46 1 kg	6 kg	62.78
Banana	9.99 1 Kg	16 Kg	159.84
Other Fruits	36.50 1 kg	14 Kg	511.00
Cooking oil (2.5lts)	129.07 2.5lt	3.6lt	185.86
Salt	9.10 1 Kg	1 Kg	9.10
Tea	55.20 250g	250g	55.20
SubTotal			ZMW 2,973.90

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	228.00 90kg bag(s)	2 90kg bag(s)	456.00
Soap (Lifebuoy/Champion)	12.48 Tablet(s)	3 Tablet(s)	37.43
Wash soap (BOOM)	17.87 400g	4 400g	71.49
Jelly (Vaseline)	26.30 500ml	1 500ml	26.30
Electricity (medium density)	310.00 Month(s)	1 Month(s)	310.00
Water & Sanitation (med - fixed)	193.20 Month(s)	1 Month(s)	193.20
Housing (3 bedroom)	1,508.00 Month(s)	1 Month(s)	1,508.00
Sanitary towels	14.85 Pack of 10	2 Pack of 10	34.70
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	27.00
Lotion (Dawn)	29.15 400ml	1 400ml	29.15
Subtotal			ZMW 2,693.27

Total for Basic Needs and Nutrition Basket

ZMW 5,667.17

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 10-12 (User + PTA/year)	250.00	Kalukungu-Town	20.00
School Uniform (Grades 8-9)	250.00	Macha Road-Town	14.00
School Uniform (Grades 8-12)	142.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

(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
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

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 July, 2021 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 July Basic Needs Basket is approximately US\$295 based upon the exchange rate Of K19.20. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-07-31

Choma July 2021 Basic Needs and Nutrition Basket Report

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