

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	117.29 5kg	4kg	93.83
Cassava Flour	15.92 1kg	6kg	95.54
(Sweet) Potatoes	32.49 1 Kg	4 Kg	129.96
Beans	33.43 1kg	3kg	100.29
Pounded Groundnut	23.07 1kg	1kg	23.07
Soya Pieces	35.70 1 kg	2kg	71.40
Beef	58.75 1kg	2kg	117.50
Chicken	70.15 2kg	5kg	175.37
Kapenta	79.15 1kg	1kg	79.15
Eggs	17.50 1 unit (10 eggs)	3 Trays (90 eggs)	157.50
Milk (Fresh)	9.75 500 ml	10 liters	195.00
Vegetables	486.96 40 Kg	40kg	486.96
Onion	19.57 1 Kg	4 Kg	78.27
Tomatoes	19.85 1 kg	6 kg	119.09
Banana	7.76 1 Kg	16 Kg	124.09
Other Fruits	16.44 1 kg	14 Kg	230.20
Cooking oil (2.5lts)	86.25 2.5lt	3.6lt	124.20
Salt	7.00 1 Kg	1 Kg	7.00
Tea	30.00 250g	250g	30.00
<b>SubTotal</b>			<b>ZMW 2,718.41</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	110.00 Month(s)	1 Month(s)	110.00
Water & Sanitation (med - fixed)	140.50 Month(s)	1 Month(s)	140.50
Housing (3 bedroom)	879.50 Month(s)	1 Month(s)	879.50
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 1,577.00</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,295.41</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	333.33	Chibesa-Town	150.00
Grades 8-9 (User + PTA/year)	333.33	Turn off-Town	150.00
School Uniform (Grades 8-12)	666.66		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
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
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,617.94	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

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 27<sup>th</sup> November, 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 Old market, New market, Kalukungu market and Kabuta market. The November Basic Needs Basket is approximately US\$241.59 based upon the exchange rate Of K17.78 Other costs would include personal care, clothing, recreation, etc

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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