

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.38 25 kg bag	2 x 25Kg	190.75
Rice	139.75 5kg	4kg	111.80
(Sweet) Potatoes	10.95 1 Kg	4 Kg	43.80
Beans	39.51 1kg	3kg	118.54
Pounded Groundnut	40.64 1kg	1kg	40.64
Soya Pieces	50.03 1 kg	2kg	100.06
Beef	65.23 1kg	2kg	130.45
Chicken	105.01 2kg	5kg	262.53
Kapenta	251.11 1kg	1kg	251.11
Eggs	17.00 1 unit (10 eggs)	3 Trays (90 eggs)	152.99
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	171.71 40 Kg	40kg	171.71
Onion	16.55 1 Kg	4 Kg	66.19
Tomatoes	11.48 1 kg	6 kg	68.91
Banana	11.76 1 Kg	16 Kg	188.19
Other Fruits	43.70 1 kg	14 Kg	611.80
Cooking oil (2.5lts)	104.75 2.5lt	3.6lt	150.84
Salt	11.30 1 Kg	1 Kg	11.30
Tea	56.85 250g	250g	56.85
SubTotal			ZMW 3,008.44

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	222.00 90kg bag(s)	2 90kg bag(s)	444.00
Soap (Lifebuoy/Champion)	13.95 Tablet(s)	3 Tablet(s)	41.85
Wash soap (BOOM)	17.25 400g	4 400g	68.99
Jelly (Vaseline)	48.88 500ml	1 500ml	48.88
Electricity (medium density)	310.00 Month(s)	1 Month(s)	310.00
Water & Sanitation (med - fixed)	193.00 Month(s)	1 Month(s)	193.00
Housing (3 bedroom)	1,508.00 Month(s)	1 Month(s)	1,508.00
Sanitary towels	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	5.08 Tissue(s)	6 Tissue(s)	30.45
Lotion (Dawn)	28.87 400ml	1 400ml	28.87
Subtotal			ZMW 2,708.03

Total for Basic Needs and Nutrition Basket

ZMW 5,716.47

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		

Health

Fuel (cost at the pump)

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

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 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 spar, macha road, makalanguzu and kalukungu. The November Basic Needs Basket is approximately US\$321.51 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)

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Reports

Advocacy on Living Conditions

2021-11-30

Choma November 2021 Basic Needs and Nutrition Basket Report

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