

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	93.75 25 kg bag	2 x 25Kg	187.50
Rice	184.75 5kg	4kg	147.80
Cassava Flour	43.00 1kg	6kg	258.00
(Sweet) Potatoes	24.37 1 Kg	4 Kg	97.49
Beans	42.01 1kg	3kg	126.02
Pounded Groundnut	42.58 1kg	1kg	42.58
Soya Pieces	48.78 1 kg	2kg	97.56
Beef	65.25 1kg	2kg	130.50
Chicken	115.01 2kg	5kg	287.53
Kapenta	249.86 1kg	1kg	249.86
Eggs	17.67 1 unit (10 eggs)	3 Trays (90 eggs)	158.99
Milk (Fresh)	14.38 500 ml	10 liters	287.50
Vegetables	189.00 40 Kg	40kg	189.00
Onion	16.00 1 Kg	4 Kg	64.02
Tomatoes	11.80 1 kg	6 kg	70.82
Banana	11.79 1 Kg	16 Kg	188.58
Other Fruits	10.00 1 kg	14 Kg	140.00
Cooking oil (2.5lts)	103.25 2.5lt	3.6lt	148.68
Salt	10.75 1 Kg	1 Kg	10.75
Tea	61.00 250g	250g	61.00
SubTotal			ZMW 3,019.91

(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)	13.83 Tablet(s)	3 Tablet(s)	35.23
Wash soap (BOOM)	17.00 400g	4 400g	51.00
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
Jelly (Vaseline)	27.05 500ml	1 500ml	27.05
Sanitary towels	17.66 Pack of 10	2 Pack of 10	35.33
Toilet Paper (2ply)	12.58 Tissue(s)	6 Tissue(s)	75.45
Lotion (Dawn)	30.16 400ml	1 400ml	30.16
Subtotal			ZMW 2,585.21

Total for Basic Needs and Nutrition Basket

ZMW 5,605.12

(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)	
Registration (book)	5.00	Item	Amount (ZMW)
		Petrol (per litre)	21.16
		Diesel (per litre)	20.15
		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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. 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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2021-12-31

Choma December 2021 Basic Needs and Nutrition Basket Report

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