

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	118.33 25 kg bag	2 x 25Kg	236.67
Rice	118.61 5kg	4kg	94.89
(Sweet) Potatoes	11.58 1 Kg	4 Kg	46.32
Beans	35.29 1kg	3kg	105.86
Pounded Groundnut	38.34 1kg	1kg	38.34
Soya Pieces	41.15 1 kg	2kg	82.31
Beef	55.63 1kg	2kg	111.25
Chicken	117.81 2kg	5kg	294.52
Kapenta	151.55 1kg	1kg	151.55
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	14.99 500 ml	10 liters	299.80
Vegetables	131.39 40 Kg	40kg	131.39
Onion	30.26 1 Kg	4 Kg	121.03
Tomatoes	9.76 1 kg	6 kg	58.56
Banana	9.99 1 Kg	16 Kg	159.84
Other Fruits	39.99 1 kg	14 Kg	559.86
Cooking oil (2.5lts)	114.82 2.5lt	3.6lt	165.34
Salt	8.15 1 Kg	1 Kg	8.15
Tea	49.95 250g	250g	49.95
<b>SubTotal</b>			<b>ZMW 2,895.61</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	192.00 90kg bag(s)	2 90kg bag(s)	384.00
Soap (Lifebuoy/Champion)	10.12 Tablet(s)	3 Tablet(s)	30.37
Wash soap (BOOM)	15.90 400g	4 400g	63.60
Jelly (Vaseline)	28.05 500ml	1 500ml	28.05
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	15.61 Pack of 10	2 Pack of 10	31.23
Toilet Paper (2ply)	4.25 Tissue(s)	6 Tissue(s)	25.50
Lotion (Dawn)	30.15 400ml	1 400ml	30.15
<b>Subtotal</b>			<b>ZMW 2,603.89</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,499.50**

## (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)
		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

### Compositions of vegetables and fruits

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,644.50	4,276.64	4,960.43	4,944.42	6,367.38	6,660.49	4,933.42	5,095.28	4,759.55	5,774.22	6,675.64	7,033.75	6,289.23	5,499.50	5,336.28	5,953.66

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> March, 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 March Basic Needs Basket is approximately US\$250 based upon the exchange rate Of K22.04. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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