

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	146.25 25 kg bag	2 x 25Kg	292.50
Rice	113.37 5kg	4kg	90.70
Cassava Flour	15.85 1kg	6kg	95.10
(Sweet) Potatoes	25.68 1 Kg	4 Kg	102.74
Beans	20.26 1kg	3kg	60.79
Pounded Groundnut	33.34 1kg	1kg	33.34
Soya Pieces	24.75 1 kg	2kg	49.50
Beef	40.00 1kg	2kg	80.00
Chicken	75.00 2kg	5kg	187.50
Kapenta	72.95 1kg	1kg	72.95
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	1,079.21 40 Kg	40kg	1,079.21
Onion	31.61 1 Kg	4 Kg	126.45
Tomatoes	30.24 1 kg	6 kg	181.42
Banana	8.66 1 Kg	16 Kg	138.55
Other Fruits	40.31 1 kg	14 Kg	564.40
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	10.00 1 kg	1 Kg	10.00
Tea	30.00 250g	250g	30.00
<b>SubTotal</b>			<b>ZMW 3,744.74</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)	25.00 500ml	1 500ml	25.00
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)	897.50 Month(s)	1 Month(s)	897.50
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	5.67 Tissue(s)	6 Tissue(s)	34.03
Lotion (Dawn)	22.50 400ml	1 400ml	22.50
<b>Subtotal</b>			<b>ZMW 1,591.53</b>

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

**ZMW 5,336.28**

## (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)	86.67	Chibesa-Town	150.00
Grades 8-9 (User + PTA/year)	333.33	Turn off-Town	150.00
Grades 10-12 (User + PTA/year)	333.33		
School Uniform (Grades 8-12)	666.67		
<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

### 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 Old market, New market, Kalukungu market and Kabuta market. The March Basic Needs Basket is approximately US\$242 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc

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2021-03-31

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