

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	128.00 25 kg bag	2 x 25Kg	256.00
Rice	117.38 5kg	4kg	93.90
Cassava Flour	12.82 1kg	6kg	76.90
(Sweet) Potatoes	19.92 1 Kg	4 Kg	79.67
Beans	19.29 1kg	3kg	57.86
Pounded Groundnut	41.34 1kg	1kg	41.34
Soya Pieces	42.86 1 kg	2kg	85.73
Beef	80.00 1kg	2kg	160.00
Chicken	110.28 2kg	5kg	275.69
Kapenta	162.24 1kg	1kg	162.24
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	13.50 500 ml	10 liters	270.00
Vegetables	1,018.91 40 Kg	40kg	1,018.91
Onion	24.73 1 Kg	4 Kg	98.92
Tomatoes	16.35 1 kg	6 kg	98.07
Banana	8.68 1 Kg	16 Kg	138.83
Other Fruits	49.56 1 kg	14 Kg	693.77
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	10.00 1 Kg	1 Kg	10.00
Tea	27.50 250g	250g	27.50
SubTotal			ZMW 3,954.94

(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)	8.00 400g	4 400g	32.00
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)	879.50 Month(s)	1 Month(s)	879.50
Sanitary towels	17.50 Pack of 10	2 Pack of 10	35.00
Toilet Paper (2ply)	5.37 Tissue(s)	6 Tissue(s)	32.20
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 1,541.20

Total for Basic Needs and Nutrition Basket

ZMW 5,496.14

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		
Health		Fuel (cost at the pump)	
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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

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 October, 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 October Basic Needs Basket is approximately US\$319 based upon the exchange rate Of K17.22 Other costs would include personal care, clothing, recreation, etc

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Advocacy on Living Conditions

2021-10-31

Chinsali December 2021 Basic Needs and Nutrition Basket Report

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