

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

May 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	115.00 25 kg bag	2 x 25Kg	230.00
Rice	97.82 5kg	4kg	78.25
(Sweet) Potatoes	10.51 1 Kg	4 Kg	42.02
Beans	34.78 1kg	3kg	104.34
Pounded Groundnut	34.22 1kg	1kg	34.22
Soya Pieces	52.26 1 kg	2kg	104.52
Beef	61.75 1kg	2kg	123.50
Chicken	104.60 2kg	5kg	261.50
Kapenta	204.36 1kg	1kg	204.36
Eggs	18.83 1 unit (10 eggs)	3 Trays (90 eggs)	169.49
Milk (Fresh)	14.62 500 ml	10 liters	292.45
Vegetables	175.06 40 Kg	40kg	175.06
Onion	23.69 1 Kg	4 Kg	94.76
Tomatoes	20.26 1 kg	6 kg	121.59
Banana	9.99 1 Kg	16 Kg	159.84
Other Fruits	29.30 1 kg	14 Kg	410.20
Cooking oil (2.5lts)	116.96 2.5lt	3.6lt	168.42
Salt	8.78 1 Kg	1 Kg	8.78
Tea	55.20 250g	250g	55.20
<b>SubTotal</b>			<b>ZMW 2,838.49</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	216.00 90kg bag(s)	2 90kg bag(s)	432.00
Soap (Lifebuoy/Champion)	12.12 Tablet(s)	3 Tablet(s)	36.37
Wash soap (BOOM)	17.87 400g	4 400g	71.49
Jelly (Vaseline)	25.05 500ml	1 500ml	25.05
Electricity (medium density)	310.00 Month(s)	1 Month(s)	310.00
Water & Sanitation (med - fixed)	193.20 Month(s)	1 Month(s)	193.20
Housing (3 bedroom)	1,508.00 Month(s)	1 Month(s)	1,508.00
Sanitary towels	20.35 Pack of 10	2 Pack of 10	40.70
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	27.00
Lotion (Dawn)	29.15 400ml	1 400ml	29.15
<b>Subtotal</b>			<b>ZMW 2,672.96</b>

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

**ZMW 5,511.45**

## (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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

### 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 May, 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 May Basic Needs Basket is approximately US\$245 based upon the exchange rate Of K22.51. Other costs would include personal care, clothing, recreation, etc.

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