

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.00 25 kg bag	2 x 25Kg	300.00
Rice	228.73 5kg	4kg	182.99
Cassava Flour	13.07 1kg	6kg	78.42
(Sweet) Potatoes	19.48 1 Kg	4 Kg	77.94
Beans	19.02 1kg	3kg	57.07
Pounded Groundnut	41.22 1kg	1kg	41.22
Soya Pieces	32.95 1 kg	2kg	65.91
Beef	60.00 1kg	2kg	120.00
Chicken	75.00 2kg	5kg	187.50
Kapenta	65.89 1kg	1kg	65.89
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	1,072.84 40 Kg	40kg	1,072.84
Onion	29.97 1 Kg	4 Kg	119.90
Tomatoes	29.15 1 kg	6 kg	174.88
Banana	8.66 1 Kg	16 Kg	138.55
Other Fruits	41.70 1 kg	14 Kg	583.77
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	8.00 1 Kg	1 Kg	8.00
Tea	15.00 250g	250g	15.00
<b>SubTotal</b>			<b>ZMW 3,839.48</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	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	5.80 Tissue(s)	6 Tissue(s)	34.80
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
<b>Subtotal</b>			<b>ZMW 1,639.80</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,479.28</b>

## (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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8394.01.	3,854.99	4,886.73	4,402.41	5,982.58	6,420.53	4,693.47	4,918.63	4,359.43	5,246.75	6,256.95	6,734.83	5,407.56	5,358.78	5,479.28	5,027.35

### 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 27<sup>th</sup> January, 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 January Basic Needs Basket is approximately US\$254 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

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