

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	119.99 25 kg bag	2 x 25Kg	239.98
Rice	99.48 5kg	4kg	79.58
Cassava Flour	32.67 1kg	6kg	196.01
(Sweet) Potatoes	12.07 1 Kg	4 Kg	48.27
Beans	19.64 1kg	3kg	58.91
Pounded Groundnut	25.00 1kg	1kg	25.00
Soya Pieces	43.50 1 kg	2kg	87.00
Beef	34.17 1kg	2kg	68.33
Chicken	70.99 2kg	5kg	177.48
Kapenta	182.00 1kg	1kg	182.00
Eggs	16.61 1 unit (10 eggs)	3 Trays (90 eggs)	149.50
Milk (Fresh)	8.83 500 ml	10 liters	176.63
Vegetables	254.48 40 Kg	40kg	254.48
Onion	15.24 1 Kg	4 Kg	60.95
Tomatoes	9.30 1 kg	6 kg	55.78
Banana	10.93 1 Kg	16 Kg	174.88
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	95.50 2.5lt	3.6lt	137.52
Salt	8.17 1 kg	1 Kg	8.17
Tea	9.44 250g	250g	9.44
<b>SubTotal</b>			<b>ZMW 2,609.77</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	176.40 90kg bag(s)	2 90kg bag(s)	352.80
Soap (Lifebuoy/Champion)	9.42 Tablet(s)	3 Tablet(s)	28.25
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	25.50 500ml	1 500ml	25.50
Electricity (medium density)	150.00 Month(s)	1 Month(s)	150.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	15.33 Pack of 10	2 Pack of 10	30.66
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	25.99
Lotion (Dawn)	19.00 400ml	1 400ml	19.00
<b>Subtotal</b>			<b>ZMW 2,308.86</b>

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

**ZMW 4,918.63**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	256.67	Border-Town	20.00
Grades 8-9 (User + PTA/year)	933.33	Gonder-Town	15.00
Grades 10-12 (User + PTA/year)	1,050.00	Kapata-Town	14.00
School Uniform	172.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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 Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine market in Chipata. The January Basic Needs Basket is approximately US\$228 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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