

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	123.10 25 kg bag	2 x 25Kg	246.20
Rice	101.25 5kg	4kg	81.00
(Sweet) Potatoes	7.75 1 Kg	4 Kg	31.00
Beans	42.82 1kg	3kg	128.46
Pounded Groundnut	52.39 1kg	1kg	52.39
Soya Pieces	51.08 1 kg	2kg	102.15
Beef	56.25 1kg	2kg	112.50
Chicken	79.93 2kg	5kg	199.83
Kapenta	267.64 1kg	1kg	267.64
Eggs	18.92 1 unit (10 eggs)	3 Trays (90 eggs)	170.24
Milk (Fresh)	13.62 500 ml	10 liters	272.45
Vegetables	194.91 40 Kg	40kg	194.91
Onion	6.08 1 Kg	4 Kg	24.33
Tomatoes	11.69 1 kg	6 kg	70.14
Banana	12.28 1 Kg	16 Kg	196.46
Other Fruits	33.99 1 kg	14 Kg	475.86
Cooking oil (2.5lts)	102.68 2.5lt	3.6lt	147.85
Salt	8.20 1 Kg	1 Kg	8.20
Tea	48.20 250g	250g	48.20
<b>SubTotal</b>			<b>ZMW 2,829.81</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	10.68 Tablet(s)	3 Tablet(s)	32.03
Wash soap (BOOM)	15.50 400g	4 400g	61.99
Jelly (Vaseline)	36.85 500ml	1 500ml	36.85
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	16.23 Pack of 10	2 Pack of 10	32.45
Toilet Paper (2ply)	4.43 Tissue(s)	6 Tissue(s)	26.55
Lotion (Dawn)	27.90 400ml	1 400ml	27.90
<b>Subtotal</b>			<b>ZMW 2,528.97</b>

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

**ZMW 5,358.78**

## (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
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 spar, macha road, makalanguzu and kalukungu. The January Basic Needs Basket is approximately US\$248 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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

**JCTR Repository**

**<https://repository.jctr.org.zm>**

---

Reports

Advocacy on Living Conditions

---

2021-01-30

# Choma January 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/707>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*