

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Chipata**

**October 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.00 25 kg bag	2 x 25Kg	232.00
Rice	81.33 5kg	4kg	65.07
Cassava Flour	20.22 1kg	6kg	121.30
(Sweet) Potatoes	7.67 1 Kg	4 Kg	30.68
Beans	20.46 1kg	3kg	61.39
Pounded Groundnut	28.75 1kg	1kg	28.75
Soya Pieces	36.84 1 kg	2kg	73.68
Beef	67.83 1kg	2kg	135.66
Chicken	111.00 2kg	5kg	277.49
Kapenta	366.00 1kg	1kg	366.00
Eggs	17.22 1 unit (10 eggs)	3 Trays (90 eggs)	155.00
Milk (Fresh)	15.67 500 ml	10 liters	313.30
Vegetables	324.36 40 Kg	40kg	324.36
Onion	12.80 1 Kg	4 Kg	51.21
Tomatoes	10.88 1 kg	6 kg	65.30
Banana	13.64 1 Kg	16 Kg	218.25
Other Fruits	6.17 1 kg	14 Kg	86.41
Cooking oil (2.5lts)	121.50 2.5lt	3.6lt	174.96
Salt	10.67 1 Kg	1 Kg	10.67
Tea	20.66 250g	250g	20.66
<b>SubTotal</b>			<b>ZMW 2,812.13</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	448.80 90kg bag(s)	2 90kg bag(s)	897.60
Soap (Lifebuoy/Champion)	13.58 Tablet(s)	3 Tablet(s)	40.75
Wash soap (BOOM)	15.80 400g	4 400g	63.19
Jelly (Vaseline)	36.83 500ml	1 500ml	36.83
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	21.33 Pack of 10	2 Pack of 10	42.66
Toilet Paper (2ply)	5.71 Tissue(s)	6 Tissue(s)	34.28
Lotion (Dawn)	36.00 400ml	1 400ml	36.00
<b>Subtotal</b>			<b>ZMW 2,921.31</b>

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

**ZMW 5,733.44**

## (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)	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 (Grades 1-7)	172.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	

## (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 27<sup>th</sup> 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 Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine market in Chipata. The October Basic Needs Basket is approximately US\$333 based upon the exchange rate of K17.22. Other costs would include personal care, clothing, recreation, etc **Jesuit**

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