

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	99.38 25 kg bag	2 x 25Kg	198.75
Rice	143.55 5kg	4kg	114.84
(Sweet) Potatoes	14.35 1 Kg	4 Kg	57.40
Beans	41.60 1kg	3kg	124.81
Pounded Groundnut	40.55 1kg	1kg	40.55
Soya Pieces	49.71 1 kg	2kg	99.42
Beef	64.98 1kg	2kg	129.95
Chicken	117.50 2kg	5kg	293.75
Kapenta	237.78 1kg	1kg	237.78
Eggs	17.25 1 unit (10 eggs)	3 Trays (90 eggs)	155.24
Milk (Fresh)	14.13 500 ml	10 liters	282.50
Vegetables	118.98 40 Kg	40kg	118.98
Onion	11.44 1 Kg	4 Kg	45.74
Tomatoes	11.52 1 kg	6 kg	69.13
Banana	14.40 1 Kg	16 Kg	230.43
Other Fruits	29.35 1 kg	14 Kg	410.90
Cooking oil (2.5lts)	109.04 2.5lt	3.6lt	157.02
Salt	10.80 1 Kg	1 Kg	10.80
Tea	54.85 250g	250g	54.85
SubTotal			ZMW 2,832.85

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	222.00 90kg bag(s)	2 90kg bag(s)	444.00
Soap (Lifebuoy/Champion)	13.08 Tablet(s)	3 Tablet(s)	39.23
Wash soap (BOOM)	17.50 400g	4 400g	69.99
Jelly (Vaseline)	39.33 500ml	1 500ml	39.33
Electricity (medium density)	310.00 Month(s)	1 Month(s)	310.00
Water & Sanitation (med - fixed)	193.00 Month(s)	1 Month(s)	193.00
Housing (3 bedroom)	1,508.00 Month(s)	1 Month(s)	1,508.00
Sanitary towels	20.28 Pack of 10	2 Pack of 10	40.55
Toilet Paper (2ply)	4.38 Tissue(s)	6 Tissue(s)	26.25
Lotion (Dawn)	32.38 400ml	1 400ml	32.38
Subtotal			ZMW 2,702.72

Total for Basic Needs and Nutrition Basket

ZMW 5,535.56

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
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		
<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
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 27th 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 spar, macha road, makalanguzu and kalukungu. The October Basic Needs Basket is approximately US\$322 based upon the exchange rate Of K17.22 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 Natural Resource Governance

2021-10-31

Choma October 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/726>

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