

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	138.33 25 kg bag	2 x 25Kg	276.67
Rice	115.87 5kg	4kg	92.69
Cassava Flour	17.17 1kg	6kg	103.00
(Sweet) Potatoes	33.48 1 Kg	4 Kg	133.91
Beans	33.43 1kg	3kg	100.29
Pounded Groundnut	23.18 1kg	1kg	23.18
Soya Pieces	37.32 1 kg	2kg	74.64
Beef	60.00 1kg	2kg	120.00
Chicken	70.00 2kg	5kg	175.00
Kapenta	77.29 1kg	1kg	77.29
Eggs	17.50 1 unit (10 eggs)	3 Trays (90 eggs)	157.50
Milk (Fresh)	9.75 500 ml	10 liters	195.00
Vegetables	866.78 40 Kg	40kg	866.78
Onion	19.79 1 Kg	4 Kg	79.16
Tomatoes	19.89 1 kg	6 kg	119.32
Banana	7.68 1 Kg	16 Kg	122.89
Other Fruits	24.50 1 kg	14 Kg	342.99
Cooking oil (2.5lts)	80.00 2.5lt	3.6lt	115.20
Salt	7.00 1 Kg	1 Kg	7.00
Tea	30.00 250g	250g	30.00
<b>SubTotal</b>			<b>ZMW 3,212.53</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	110.00 90kg bag(s)	2 90kg bag(s)	220.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	194.00 Month(s)	1 Month(s)	194.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	30.00 Tissue(s)	6 Tissue(s)	180.00
<b>Subtotal</b>			<b>ZMW 2,210.00</b>

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

**ZMW 5,422.53**

## (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)	50.00	Kalwala -Town	100.00
Grades 8-9 (User + PTA/year)	350.00	Lubwa-Town	120.00
Grades 10-12 (User + PTA/year)	350.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Malaria test	20.00	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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

**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 November, 2020 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 November Basic Needs Basket is approximately US\$258 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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