

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	98.63 25 kg bag	2 x 25Kg	197.25
Rice	85.75 5kg	4kg	68.60
Cassava Flour	15.25 1kg	6kg	91.50
(Sweet) Potatoes	2.83 1 Kg	4 Kg	11.30
Beans	38.50 1kg	3kg	115.49
Pounded Groundnut	47.00 1kg	1kg	47.00
Soya Pieces	46.30 1 kg	2kg	92.59
Beef	38.25 1kg	2kg	76.50
Chicken	70.58 2kg	5kg	176.45
Kapenta	193.77 1kg	1kg	193.77
Eggs	14.75 1 unit (10 eggs)	3 Trays (90 eggs)	132.74
Milk (Fresh)	8.70 500 ml	10 liters	174.00
Vegetables	228.01 40 Kg	40kg	228.01
Onion	10.67 1 Kg	4 Kg	42.69
Tomatoes	10.11 1 kg	6 kg	60.64
Banana	10.15 1 Kg	16 Kg	162.46
Other Fruits	24.37 1 kg	14 Kg	341.13
Cooking oil (2.5lts)	85.50 2.5lt	3.6lt	123.12
Salt	6.50 1 Kg	1 Kg	6.50
Tea	39.40 250g	250g	39.40
<b>SubTotal</b>			<b>ZMW 2,381.13</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	135.00 90kg bag(s)	2 90kg bag(s)	270.00
Soap (Lifebuoy/Champion)	10.23 Tablet(s)	3 Tablet(s)	30.68
Wash soap (BOOM)	15.00 Tablet(s)	4 Tablet(s)	60.00
Wash soap (BOOM)	15.07 400g	4 400g	60.27
Jelly (Vaseline)	23.30 500ml	1 500ml	23.30
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	180.00 Month(s)	1 Month(s)	180.00
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	12.33 Pack of 10	2 Pack of 10	24.66
Sanitary towels	15.00 Tablet(s)	3 Tablet(s)	45.00
Toilet Paper (2ply)	3.93 Tissue(s)	6 Tissue(s)	23.55
Lotion (Dawn)	27.38 400ml	1 400ml	27.38
<b>Subtotal</b>			<b>ZMW 2,872.34</b>

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

**ZMW 5,253.47**

## (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)	1,050.00	Kalukungu-Town	20.00
Grades 8-9 (User + PTA/year)	6,000.00		
<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

Mosquito net (private)	60.00	Diesel (per litre)	15.59
Malaria test	40.00	Paraffin (per litre)	15.39
Consultation Fee	100.00		
CD4 Count	77.00		

**(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 spar, macha road, makalanguzu and kalukungu. The November Basic Needs Basket is approximately US\$250 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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