

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	138.75 25 kg bag	2 x 25Kg	277.50
Rice	193.89 5kg	4kg	155.11
Cassava Flour	17.22 1kg	6kg	103.35
(Sweet) Potatoes	30.13 1 Kg	4 Kg	120.51
Beans	30.70 1kg	3kg	92.09
Pounded Groundnut	25.96 1kg	1kg	25.96
Soya Pieces	33.71 1 kg	2kg	67.42
Beef	60.00 1kg	2kg	120.00
Chicken	68.75 2kg	5kg	171.88
Kapenta	76.36 1kg	1kg	76.36
Eggs	17.50 1 unit (10 eggs)	3 Trays (90 eggs)	157.50
Milk (Fresh)	7.75 500 ml	10 liters	155.00
Vegetables	1,272.55 40 Kg	40kg	1,272.55
Onion	19.25 1 Kg	4 Kg	77.00
Tomatoes	20.79 1 kg	6 kg	124.72
Banana	7.91 1 Kg	16 Kg	126.53
Other Fruits	46.41 1 kg	14 Kg	649.74
Cooking oil (2.5lts)	80.00 2.5lt	3.6lt	115.20
Salt	7.00 1 Kg	1 Kg	7.00
SubTotal			ZMW 3,895.41

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	101.75 90kg bag(s)	2 90kg bag(s)	203.50
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)	100.00 Month(s)	1 Month(s)	100.00
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	17.50 Pack of 10	2 Pack of 10	35.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 1,983.50

Total for Basic Needs and Nutrition Basket

ZMW 5,878.91

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		

Health		Fuel (cost at the pump)	
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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

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 December, 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 December Basic Needs Basket is approximately US\$278 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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2020-12-31

Chinsali December 2020 Basic Needs and Nutrition Basket Report

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