

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.50 25 kg bag	2 x 25Kg	265.00
Rice	123.25 5kg	4kg	98.60
Cassava Flour	15.25 1kg	6kg	91.50
Beans	42.64 1kg	3kg	127.92
Pounded Groundnut	52.05 1kg	1kg	52.05
Soya Pieces	47.01 1 kg	2kg	94.02
Beef	48.00 1kg	2kg	96.00
Chicken	75.40 2kg	5kg	188.49
Kapenta	229.20 1kg	1kg	229.20
Eggs	18.83 1 unit (10 eggs)	3 Trays (90 eggs)	169.49
Milk (Fresh)	10.70 500 ml	10 liters	214.00
Vegetables	640.05 40 Kg	40kg	640.05
Onion	6.26 1 Kg	4 Kg	25.05
Tomatoes	11.46 1 kg	6 kg	68.78
Banana	11.73 1 Kg	16 Kg	187.70
Other Fruits	3.06 1 kg	14 Kg	42.77
Cooking oil (2.5lts)	97.19 2.5lt	3.6lt	139.95
Salt	8.45 1 Kg	1 Kg	8.45
Tea	47.50 250g	250g	47.50
SubTotal			ZMW 2,786.50

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	141.00 90kg bag(s)	2 90kg bag(s)	282.00
Soap (Lifebuoy/Champion)	11.78 Tablet(s)	3 Tablet(s)	35.33
Wash soap (BOOM)	15.50 400g	4 400g	61.99
Jelly (Vaseline)	25.05 500ml	1 500ml	25.05
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	15.25 Pack of 10	2 Pack of 10	30.50
Toilet Paper (2ply)	4.08 Tissue(s)	6 Tissue(s)	24.45
Lotion (Dawn)	30.40 400ml	1 400ml	30.40
Subtotal			ZMW 2,797.22

Total for Basic Needs and Nutrition Basket

ZMW 5,583.72

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	1,050.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	6,000.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	60.00	Diesel (per litre)	15.59
Malaria test	40.00	Paraffin (per litre)	15.39
Consultation Fee	100.00		

(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
7,404.05	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 spar, macha road, makalanguzu and kalukungu. The December Basic Needs Basket is approximately US\$264 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2020-12-31

Choma December 2020 Basic Needs and Nutrition Basket Report

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