

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	237.50 25 kg bag	2 x 25Kg	475.00
Rice	90.34 5kg	4kg	72.27
Cassava Flour	17.24 1kg	6kg	103.45
(Sweet) Potatoes	15.60 1 Kg	4 Kg	62.41
Beans	13.48 1kg	3kg	40.45
Pounded Groundnut	26.74 1kg	1kg	26.74
Soya Pieces	33.41 1 kg	2kg	66.82
Beef	45.00 1kg	2kg	90.00
Chicken	60.00 2kg	5kg	150.00
Kapenta	129.43 1kg	1kg	129.43
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	511.30 40 Kg	40kg	511.30
Onion	13.40 1 Kg	4 Kg	53.58
Tomatoes	13.88 1 kg	6 kg	83.28
Banana	12.82 1 Kg	16 Kg	205.10
Other Fruits	25.75 1 kg	14 Kg	360.52
Cooking oil (2.5lts)	60.00 2.5lt	3.6lt	86.40
Salt	6.00 1 Kg	1 Kg	6.00
SubTotal			ZMW 2,815.24

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
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	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	28.00 500ml	1 500ml	28.00
Subtotal			ZMW 2,104.00

Total for Basic Needs and Nutrition Basket

ZMW 4,919.24

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Kasomo-Town	100.00
Grades 8-9 (User + PTA/year)	200.00		
Grades 10-12 (User + PTA/year)	350.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	20.00	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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,76491	5,491.01	5,382.93	6,098.18	5,690.61	4901.28	4,919.24	5,541.09

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 March, 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 March Basic Needs Basket is approximately US\$277 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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2020-03-30

Chinsali March 2020 Basic Needs and Nutrition Basket Report

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