

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Chipata**

**March 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	139.67 25 kg bag	2 x 25Kg	279.34
Cassava Flour	15.17 1kg	6kg	90.99
(Sweet) Potatoes	8.82 1 Kg	4 Kg	35.29
Beans	41.52 1kg	3kg	124.56
Pounded Groundnut	19.29 1kg	1kg	19.29
Soya Pieces	30.54 1 kg	2kg	61.07
Beef	31.83 1kg	2kg	63.66
Chicken	62.99 2kg	5kg	157.48
Kapenta	53.93 1kg	1kg	53.93
Eggs	14.19 1 unit (10 eggs)	3 Trays (90 eggs)	127.75
Milk (Fresh)	7.25 500 ml	10 liters	144.93
Vegetables	507.09 40 Kg	40kg	507.09
Onion	20.24 1 Kg	4 Kg	80.98
Tomatoes	29.60 1 kg	6 kg	177.59
Banana	8.33 1 Kg	16 Kg	133.27
Other Fruits	24.99 1 kg	14 Kg	349.86
Cooking oil (2.5lts)	66.50 2.5lt	3.6lt	95.76
Salt	6.00 1 Kg	1 Kg	6.00
<b>SubTotal</b>			<b>ZMW 2,508.84</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	75.17 90kg bag(s)	2 90kg bag(s)	150.33
Soap (Lifebuoy/Champion)	6.25 Tablet(s)	3 Tablet(s)	18.75
Wash soap (BOOM)	11.00 400g	4 400g	43.99
Jelly (Vaseline)	23.50 500ml	1 500ml	23.50
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	1,550.00 Month(s)	1 Month(s)	1,550.00
Sanitary towels	14.33 Pack of 10	2 Pack of 10	28.66
Toilet Paper (2ply)	3.00 Tissue(s)	6 Tissue(s)	17.99
Lotion (Dawn)	20.00 400ml	1 400ml	20.00
<b>Subtotal</b>			<b>ZMW 2,265.23</b>

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

**ZMW 4,774.06**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	520.00	Gonder-Town	30.00
Grades 8-9 (User + PTA/year)	600.00	Kapata-Town	50.00
Grades 10-12 (User + PTA/year)	600.00		

## **Health** **Fuel (cost at the pump)**

item	Amount (ZMW)
Fast Track / High Cost fee	200.00
Consultation Fee	150.00
CD4 Count	150.00

## (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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,764.91	5,491.01	5,382.93	6,098.18	5,690.61	4,901.28	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 Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine market in Chipata. The March Basic Needs Basket is approximately US\$269 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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