JCTR BASIC NEEDS AND NUTRITION BASKET
Choma   March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	143.75 25 kg bag	2 x 25Kg	287.50
Rice	77.50 5kg	4kg	62.00
Cassava Flour	12.50 1kg	6kg	75.00
(Sweet) Potatoes	6.97 1 Kg	4 Kg	27.89
Beans	28.13 1kg	3kg	84.40
Pounded Groundnut	82.50 1kg	1kg	82.50
Soya Pieces	40.71 1 kg	2kg	81.42
Beef	33.75 1kg	2kg	67.50
Chicken	74.61 2kg	5kg	186.52
Kapenta	171.97 1kg	1kg	171.97
Eggs	11.67 1 unit (10 eggs)	3 Trays (90 eggs)	104.99
Milk (Fresh)	7.87 500 ml	10 liters	157.45
Vegetables	171.77 40 Kg	40kg	171.77
Onion	12.74 1 Kg	4 Kg	50.94
Tomatoes	8.76 1 kg	6 kg	52.56
Banana	9.00 1 Kg	16 Kg	144.05
Other Fruits	18.67 1 kg	14 Kg	261.44
Cooking oil (2.5lts)	61.75 2.5lt	3.6lt	88.92
Salt	5.70 1 Kg	1 Kg	5.70
Tea	43.60 250g	250g	43.60

SubTotal   **ZMW 2,208.10**

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	99.00 90kg bag(s)	2 90kg bag(s)	198.00
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.48
Wash soap (BOOM)	11.00 400g	4 400g	43.99
Wash soap (BOOM)	180.00 Month(s)	1 Month(s)	180.00
Jelly (Vaseline)	19.75 500ml	1 500ml	19.75
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	16.95 Pack of 10	2 Pack of 10	33.90
Toilet Paper (2ply)	3.23 Tissue(s)	6 Tissue(s)	19.35
Lotion (Dawn)	20.00 400g	1 400g	20.00
Lotion (Dawn)	24.20 400ml	1 400ml	24.20

Subtotal   **ZMW 2,693.18**

Total for Basic Needs and Nutrition Basket   **ZMW 4,901.28**

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,050.00
School Uniform (Grades 8-12)	6,000.00

Transport (bus fare round trip)

Item	Amount (ZMW)
Kalukungu-Town	20.00
Macha Road-Town	14.00

Health

item	Amount (ZMW)
Fast Track / High Cost fee	100.00
Mosquito net (private)	60.00
Malaria test	40.00
Consultation Fee	100.00
CD4 Count	77.00

Fuel (cost at the pump)

Item	Amount (ZMW)
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 spar, macha road, makalanguzu and kalukungu. The March Basic Needs Basket is approximately US$276 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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Choma   **March 2020**

This survey was conducted on 27th December, 2019 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered fhoma retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

2020-03-30

Choma March 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

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