

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	122.75 25 kg bag	2 x 25Kg	245.50
Rice	82.50 5kg	4kg	66.00
Cassava Flour	15.25 1kg	6kg	91.50
(Sweet) Potatoes	2.45 1 Kg	4 Kg	9.81
Beans	37.40 1kg	3kg	112.20
Pounded Groundnut	35.15 1kg	1kg	35.15
Soya Pieces	35.35 1 kg	2kg	70.69
Beef	35.25 1kg	2kg	70.50
Chicken	80.70 2kg	5kg	201.75
Kapenta	162.95 1kg	1kg	162.95
Eggs	8.11 1 unit (10 eggs)	3 Trays (90 eggs)	73.03
Milk (Fresh)	7.67 500 ml	10 liters	153.44
Vegetables	154.29 40 Kg	40kg	154.29
Onion	22.81 1 Kg	4 Kg	91.24
Tomatoes	7.17 1 kg	6 kg	43.01
Banana	8.35 1 Kg	16 Kg	133.57
Other Fruits	23.03 1 kg	14 Kg	322.44
Cooking oil (2.5lts)	71.68 2.5lt	3.6lt	103.21
Salt	7.83 1 kg	1 Kg	7.83
Tea	38.10 250g	250g	38.10
SubTotal			ZMW 2,186.21

(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)	9.53 Tablet(s)	3 Tablet(s)	28.58
Wash soap (BOOM)	13.80 400g	4 400g	55.20
Jelly (Vaseline)	19.00 500ml	1 500ml	19.00
Electricity (medium density)	477.15 Month(s)	1 Month(s)	477.15
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	17.58 Pack of 10	2 Pack of 10	35.15
Toilet Paper (2ply)	3.25 Tissue(s)	6 Tissue(s)	19.50
Lotion (Dawn)	27.15 250ml	1 250ml	27.15
Subtotal			ZMW 2,707.73

Total for Basic Needs and Nutrition Basket

ZMW 4,893.93

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,050.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	6,000.00	Macha Road-Town	14.00

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	60.00	Petrol (per litre)	17.62
Malaria test	40.00	Diesel (per litre)	15.59
Consultation Fee	100.00	Paraffin (per litre)	15.39
CD4 Count	77.00		

(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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,318.43	6,122.72	5,353.84.	4,893.93	6,077.84	5,203.27

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 May, 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 May Basic Needs Basket is approximately US\$273 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Advocacy on Living Conditions

2020-05-31

Choma May 2020 Basic Nutrition and Needs Basket Report

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