

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

February 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	189.00 25 kg bag	2 x 25Kg	378.00
Rice	255.04 5kg	4kg	204.03
Cassava Flour	16.62 1kg	6kg	99.74
(Sweet) Potatoes	23.19 1 Kg	4 Kg	92.76
Beans	23.67 1kg	3kg	71.00
Pounded Groundnut	40.71 1kg	1kg	40.71
Soya Pieces	31.57 1 kg	2kg	63.14
Beef	45.00 1kg	2kg	90.00
Chicken	60.00 2kg	5kg	150.00
Kapenta	10.77 1kg	1kg	10.77
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	438.84 40 Kg	40kg	438.84
Onion	18.08 1 Kg	4 Kg	72.31
Tomatoes	16.63 1 kg	6 kg	99.80
Banana	13.38 1 Kg	16 Kg	214.01
Other Fruits	29.11 1 kg	14 Kg	407.49
Cooking oil (2.5lts)	60.00 2.5lt	3.6lt	86.40
Salt	5.60 1 Kg	1 Kg	5.60
<b>SubTotal</b>			<b>ZMW 2,817.10</b>

## (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
Charcoal	108.00 900g	2 900g	216.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Wash soap (BOOM)	194.00 Month(s)	1 Month(s)	194.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	25.00 250ml	1 250ml	25.00
<b>Subtotal</b>			<b>ZMW 2,305.00</b>

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

**ZMW 5,122.10**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Turn off-Town	100.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	250.00		
School Uniform (Grades 8-12)	400.00		

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	20.00	Petrol (per litre)	17.27
		Diesel (per litre)	15.59
		Paraffin (per litre)	12.00

## (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
7,015.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,703.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5346.30	4885.84	5,122.10	5,437.68

### 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 24th February, 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 February Basic Needs Basket is approximately US\$348 based upon the exchange rate Of K14.71. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

**<https://repository.jctr.org.zm>**

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