

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

January 2020

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

| Commodity            | Price (ZMW) / Unit     | Quantity / Month  | Total (ZMW)         |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 150.00 25 kg bag       | 2 x 25Kg          | 300.00              |
| Rice                 | 156.30 5kg             | 4kg               | 125.04              |
| Cassava Flour        | 19.11 1kg              | 6kg               | 114.65              |
| (Sweet) Potatoes     | 16.86 1 Kg             | 4 Kg              | 67.43               |
| Beans                | 15.76 1kg              | 3kg               | 47.27               |
| Pounded Groundnut    | 40.04 1kg              | 1kg               | 40.04               |
| Soya Pieces          | 34.59 1 kg             | 2kg               | 69.17               |
| Beef                 | 45.00 1kg              | 2kg               | 90.00               |
| Chicken              | 60.79 2kg              | 5kg               | 151.98              |
| Kapenta              | 40.00 1kg              | 1kg               | 40.00               |
| Eggs                 | 15.00 1 unit (10 eggs) | 3 Trays (90 eggs) | 135.00              |
| Milk (Fresh)         | 9.00 500 ml            | 10 liters         | 180.00              |
| Vegetables           | 452.12 40 Kg           | 40kg              | 452.12              |
| Onion                | 58.67 1 Kg             | 4 Kg              | 234.66              |
| Tomatoes             | 28.99 1 kg             | 6 kg              | 173.95              |
| Banana               | 11.33 1 Kg             | 16 Kg             | 181.31              |
| Other Fruits         | 5.23 1 kg              | 14 Kg             | 73.27               |
| Cooking oil (2.5lts) | 60.00 2.5lt            | 3.6lt             | 86.40               |
| Salt                 | 6.00 1 kg              | 1 Kg              | 6.00                |
| <b>SubTotal</b>      |                        |                   | <b>ZMW 2,568.29</b> |

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

| Commodity                        | Price(ZMW) / Unit  | Quantity / Month | Total (ZMW)         |
|----------------------------------|--------------------|------------------|---------------------|
| Charcoal                         | 133.75 90kg bag(s) | 2 90kg bag(s)    | 267.50              |
| Soap (Lifebuoy/Champion)         | 10.00 Tablet(s)    | 3 Tablet(s)      | 30.00               |
| Wash soap (BOOM)                 | 16.00 400g         | 4 400g           | 64.00               |
| Jelly (Vaseline)                 | 20.00 500ml        | 1 500ml          | 20.00               |
| Electricity (medium density)     | 120.00 Month(s)    | 1 Month(s)       | 120.00              |
| Water & Sanitation (med - fixed) | 194.00 Month(s)    | 1 Month(s)       | 194.00              |
| Housing (3 bedroom)              | 1,500.00 Month(s)  | 1 Month(s)       | 1,500.00            |
| Sanitary towels                  | 20.00 Pack of 10   | 2 Pack of 10     | 40.00               |
| Toilet Paper (2ply)              | 5.00 Tissue(s)     | 6 Tissue(s)      | 30.00               |
| Lotion (Dawn)                    | 30.00 250ml        | 1 250ml          | 30.00               |
| <b>Subtotal</b>                  |                    |                  | <b>ZMW 2,295.50</b> |

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

**ZMW 4,863.79**

## (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        | Lubwa-Town                             | 100.00       |
| Grades 8-9 (User + PTA/year)   | 300.00       |  |              |
| Grades 10-12 (User + PTA/year) | 300.00       |  |              |
| School Uniform (Grades 1-7)    | 200.00       |  |              |
| <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 |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|
| 7,410.96 | 3,801.29 | 3,658.82 | 3,927.78 | 5,870.13 | 4,984.47 | 5,558.42 | 4,269.48 | 3,732.43 | 4,914.74 | 5,095.38 | 5,863.53 | 5,242.63    | 4,602.95 | 4,863.79 | 4,923.41 |

### 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 and Oranges.

This survey was conducted on 27th January, 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 marketing Chipata. The January Basic Needs Basket is approximately US\$334 based upon the exchange rate of K14.56 prevailing on the days of data collection. Please note that other monthly costs would personal care, clothing, recreation, etc.

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