

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	170.00 25 kg bag	2 x 25Kg	340.00
Rice	114.20 5kg	4kg	91.36
Cassava Flour	16.16 1kg	6kg	96.96
(Sweet) Potatoes	18.18 1 Kg	4 Kg	72.73
Beans	19.58 1kg	3kg	58.74
Pounded Groundnut	21.45 1kg	1kg	21.45
Soya Pieces	42.02 1 kg	2kg	84.03
Beef	44.00 1kg	2kg	88.00
Chicken	98.92 2kg	5kg	247.30
Kapenta	39.48 1kg	1kg	39.48
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	522.20 40 Kg	40kg	522.20
Onion	29.61 1 Kg	4 Kg	118.45
Tomatoes	27.72 1 kg	6 kg	166.35
Banana	14.36 1 Kg	16 Kg	229.75
Other Fruits	16.18 1 kg	14 Kg	226.47
Cooking oil (2.5lts)	60.00 2.5lt	3.6lt	86.40
Salt	7.00 1 Kg	1 Kg	7.00
<b>SubTotal</b>			<b>ZMW 2,789.18</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
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	12.00 400g	4 400g	48.00
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)	191.00 Month(s)	1 Month(s)	191.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
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)	28.00 250ml	1 250ml	28.00
<b>Subtotal</b>			<b>ZMW 1,973.00</b>

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

**ZMW 4,762.18**

## (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)	50.00		
Grades 8-9 (User + PTA/year)	250.00		
Grades 10-12 (User + PTA/year)	350.00		
School Uniform (Grades 1-7)	150.00		
School Uniform (Grades 8-9)	280.00		
School Uniform (Grades 8-12)	295.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	17.62

Malaria test

20.00

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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

**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 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 from retail outlets at Kabuta, Kalukungu market, new market and old market around Chinsali. The December Basic Needs Basket is approximately US\$344 based upon the exchange rate of K13.85 prevailing on the days of data collection. Please note that other monthly costs would personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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