

JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	128.49 25 kg bag	2 x 25Kg	256.98
Rice	64.88 5kg	4kg	51.90
Cassava Flour	17.49 1kg	6kg	104.93
(Sweet) Potatoes	6.30 1 Kg	4 Kg	25.19
Beans	17.82 1kg	3kg	53.46
Pounded Groundnut	29.18 1kg	1kg	29.18
Soya Pieces	30.54 1 kg	2kg	61.07
Beef	32.83 1kg	2kg	65.66
Chicken	50.49 2kg	5kg	126.23
Kapenta	95.02 1kg	1kg	95.02
Eggs	14.67 1 unit (10 eggs)	3 Trays (90 eggs)	132.00
Milk (Fresh)	7.58 500 ml	10 liters	151.63
Vegetables	894.76 40 Kg	40kg	894.76
Onion	46.27 1 Kg	4 Kg	185.06
Tomatoes	21.20 1 kg	6 kg	127.19
Banana	9.99 1 Kg	16 Kg	159.84
Other Fruits	24.99 1 kg	14 Kg	349.86
Cooking oil (2.5lts)	57.00 2.5lt	3.6lt	82.08
Salt	6.45 1 Kg	1 Kg	6.45
SubTotal			ZMW 2,958.49

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	127.80 90kg bag(s)	2 90kg bag(s)	255.60
Soap (Lifebuoy/Champion)	8.08 Tablet(s)	3 Tablet(s)	24.25
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	24.32 500ml	1 500ml	24.32
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	12.00 Pack of 10	2 Pack of 10	24.00
Toilet Paper (2ply)	2.83 Tissue(s)	6 Tissue(s)	16.99
Lotion (Dawn)	20.83 250ml	1 250ml	20.83
Subtotal			ZMW 2,317.31

Total for Basic Needs and Nutrition Basket

ZMW 5,275.79

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	600.00	Gonder-Town	30.00
Grades 8-9 (User + PTA/year)	550.00	Kapata-Town	40.00
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	300.00		
School Uniform (Grades 8-9)	380.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	60.00	Petrol (per litre)	17.62
Malaria test	60.00	Diesel (per litre)	15.59

Consultation Fee

100.00

Paraffin (per litre)

15.39

CD4 Count

100.00

(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
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 surveys conducted at Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine marketing Chipata. The December Basic Needs Basket is approximately US\$381 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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2019-12-31

Chipata December 2019 Basic Needs and Nutrition Basket Report

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