

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	160.50 25 kg bag	2 x 25Kg	321.00
Rice	117.11 5kg	4kg	93.68
Cassava Flour	13.05 1kg	6kg	78.30
(Sweet) Potatoes	7.57 1 Kg	4 Kg	30.27
Beans	20.35 1kg	3kg	61.05
Pounded Groundnut	31.29 1kg	1kg	31.29
Soya Pieces	29.75 1 kg	2kg	59.50
Beef	32.75 1kg	2kg	65.50
Chicken	54.26 2kg	5kg	135.65
Kapenta	151.32 1kg	1kg	151.32
Eggs	11.50 1 unit (10 eggs)	3 Trays (90 eggs)	103.49
Milk (Fresh)	7.75 500 ml	10 liters	155.00
Vegetables	217.65 40 Kg	40kg	217.65
Onion	8.22 1 Kg	4 Kg	32.88
Tomatoes	17.13 1 kg	6 kg	102.80
Banana	8.69 1 Kg	16 Kg	139.06
Other Fruits	13.49 1 kg	14 Kg	188.88
Cooking oil (2.5lts)	62.00 2.5lt	3.6lt	89.28
Salt	6.20 1 Kg	1 Kg	6.20
Tea	26.85 250g	250g	26.85
SubTotal			ZMW 2,089.67

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	102.00 90kg bag(s)	2 90kg bag(s)	204.00
Soap (Lifebuoy/Champion)	7.95 Tablet(s)	3 Tablet(s)	23.85
Wash soap (BOOM)	10.50 400g	4 400g	41.99
Jelly (Vaseline)	20.75 500ml	1 500ml	20.75
Electricity (medium density)	477.50 Month(s)	1 Month(s)	477.50
Water & Sanitation (med - fixed)	180.00 Month(s)	1 Month(s)	180.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	13.23 Pack of 10	2 Pack of 10	26.45
Toilet Paper (2ply)	3.28 Tissue(s)	6 Tissue(s)	19.65
Lotion (Dawn)	22.78 250ml	1 250ml	22.78
Subtotal			ZMW 2,516.97
Total for Basic Needs and Nutrition Basket			ZMW 4,606.63

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	600.00	Macha Road-Town	14.00
School Uniform (Grades 1-7)	132.00		
School Uniform (Grades 8-9)	218.00		
School Uniform (Grades 8-12)	300.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	60.00	Diesel (per litre)	15.59
Malaria test	40.00	Paraffin (per litre)	15.39

Consultation Fee	100.00
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
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 spar, macha road, makalanguzu and kalukungu. The November Basic Needs Basket is approximately US\$333 based upon the exchange rate Of K13.85. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2019-12-31

Choma December 2019 Basic Needs and Nutrition Basket Report

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