

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

October 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	115.88 5kg	4kg	92.70
Cassava Flour	12.19 1kg	6kg	73.16
(Sweet) Potatoes	16.81 1 Kg	4 Kg	67.24
Beans	25.32 1kg	3kg	75.96
Pounded Groundnut	24.42 1kg	1kg	24.42
Soya Pieces	35.82 1 kg	2kg	71.64
Beef	50.00 1kg	2kg	100.00
Chicken	67.50 2kg	5kg	168.75
Kapenta	150.00 1kg	1kg	150.00
Eggs	18.75 1 unit (10 eggs)	3 Trays (90 eggs)	168.75
Milk (Fresh)	8.75 500 ml	10 liters	175.00
Vegetables	879.19 40 Kg	40kg	879.19
Onion	15.89 1 Kg	4 Kg	63.57
Tomatoes	16.86 1 kg	6 kg	101.17
Banana	6.96 1 Kg	16 Kg	111.38
Other Fruits	44.97 1 kg	14 Kg	629.53
Cooking oil (2.5lts)	70.00 2.5lt	3.6lt	100.80
Salt	7.75 1 Kg	1 Kg	7.75
<b>SubTotal</b>			<b>ZMW 3,361.01</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	60.00 90kg bag(s)	2 90kg bag(s)	120.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	200.00 Month(s)	1 Month(s)	200.00
Water & Sanitation (med - fixed)	194.00 Month(s)	1 Month(s)	194.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	15.00 90kg bag(s)	2 90kg bag(s)	30.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
<b>Subtotal</b>			<b>ZMW 1,969.00</b>

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

**ZMW 5,330.01**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Kalwala -Town	100.00
Grades 8-9 (User + PTA/year)	350.00	Kasolwe-Town	120.00
Grades 10-12 (User + PTA/year)	350.00		

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	20.00	Petrol (per litre)	17.62
Consultation Fee	30.00	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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

### 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 27th October, 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 October Basic Needs Basket is approximately US\$262 based upon the exchange rate Of K20.35. Other costs would include 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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