

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.00 25 kg bag	2 x 25Kg	250.00
Rice	103.86 5kg	4kg	83.09
Cassava Flour	12.50 1kg	6kg	75.00
(Sweet) Potatoes	20.00 1 Kg	4 Kg	80.00
Beans	20.00 1kg	3kg	60.00
Pounded Groundnut	24.47 1kg	1kg	24.47
Soya Pieces	43.48 1 kg	2kg	86.96
Beef	80.00 1kg	2kg	160.00
Chicken	110.00 2kg	5kg	275.00
Kapenta	174.55 1kg	1kg	174.55
Eggs	25.25 1 unit (10 eggs)	3 Trays (90 eggs)	227.25
Milk (Fresh)	12.00 500 ml	10 liters	240.00
Vegetables	974.85 40 Kg	40kg	974.85
Onion	25.13 1 Kg	4 Kg	100.51
Tomatoes	14.23 1 kg	6 kg	85.41
Banana	8.42 1 Kg	16 Kg	134.77
Other Fruits	43.26 1 kg	14 Kg	605.58
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	10.00 1 kg	1 Kg	10.00
Tea	28.50 250g	250g	28.50
<b>SubTotal</b>			<b>ZMW 3,805.54</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)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	8.00 400g	4 400g	32.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	110.00 Month(s)	1 Month(s)	110.00
Water & Sanitation (med - fixed)	140.50 Month(s)	1 Month(s)	140.50
Housing (3 bedroom)	879.50 Month(s)	1 Month(s)	879.50
Sanitary towels	17.50 Pack of 10	2 Pack of 10	35.00
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	32.99
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 1,536.99</b>

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

**ZMW 5,342.53**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	333.33	Chibesa-Town	150.00
Grades 8-9 (User + PTA/year)	333.33	Turn off-Town	150.00
School Uniform (Grades 8-12)	666.66		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

### **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 27<sup>th</sup> September, 2021 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 September Basic Needs Basket is approximately US\$320 based upon the exchange rate Of K16.66 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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# Chinsali September 2020 Basic Need and Nutrition Basket report

Jesuit Centre for Theological Reflection

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