

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	99.38 25 kg bag	2 x 25Kg	198.75
Rice	104.99 5kg	4kg	83.99
(Sweet) Potatoes	14.44 1 Kg	4 Kg	57.75
Beans	41.32 1kg	3kg	123.95
Pounded Groundnut	40.80 1kg	1kg	40.80
Soya Pieces	50.02 1 kg	2kg	100.04
Beef	65.00 1kg	2kg	130.00
Chicken	116.25 2kg	5kg	290.63
Kapenta	240.70 1kg	1kg	240.70
Eggs	17.92 1 unit (10 eggs)	3 Trays (90 eggs)	161.24
Milk (Fresh)	14.13 500 ml	10 liters	282.50
Vegetables	127.41 40 Kg	40kg	127.41
Onion	13.81 1 Kg	4 Kg	55.25
Tomatoes	11.62 1 kg	6 kg	69.74
Banana	14.37 1 Kg	16 Kg	229.99
Other Fruits	32.50 1 kg	14 Kg	454.93
Cooking oil (2.5lts)	119.48 2.5lt	3.6lt	172.06
Salt	7.05 1 Kg	1 Kg	7.05
Tea	55.85 250g	250g	55.85
<b>SubTotal</b>			<b>ZMW 2,882.61</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	222.00 90kg bag(s)	2 90kg bag(s)	444.00
Soap (Lifebuoy/Champion)	13.08 Tablet(s)	3 Tablet(s)	39.23
Wash soap (BOOM)	17.50 400g	4 400g	69.99
Jelly (Vaseline)	35.18 500ml	1 500ml	35.18
Electricity (medium density)	310.00 Month(s)	1 Month(s)	310.00
Water & Sanitation (med - fixed)	193.20 Month(s)	1 Month(s)	193.20
Housing (3 bedroom)	1,508.00 Month(s)	1 Month(s)	1,508.00
Sanitary towels	17.35 Pack of 10	2 Pack of 10	34.70
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	30.63 400ml	1 400ml	30.63
<b>Subtotal</b>			<b>ZMW 2,697.92</b>

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

**ZMW 5,580.53**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 10-12 (User + PTA/year)	250.00	Kalukungu-Town	20.00
School Uniform (Grades 8-9)	250.00	Macha Road-Town	14.00
School Uniform (Grades 8-12)	142.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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 spar, macha road, makalanguzu and kalukungu. The September Basic Needs Basket is approximately US\$335 based upon the exchange rate Of K16.67 Other costs would include personal care, clothing, recreation, etc.

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