

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	240.00 25 kg bag	2 x 25Kg	480.00
Rice	72.64 5kg	4kg	58.11
Cassava Flour	9.78 1kg	6kg	58.69
(Sweet) Potatoes	7.00 1 Kg	4 Kg	28.00
Beans	17.00 1kg	3kg	50.99
Pounded Groundnut	17.14 1kg	1kg	17.14
Soya Pieces	28.70 1 kg	2kg	57.40
Beef	50.00 1kg	2kg	100.00
Chicken	60.00 2kg	5kg	150.00
Kapenta	120.00 1kg	1kg	120.00
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	622.57 40 Kg	40kg	622.57
Onion	8.68 1 Kg	4 Kg	34.73
Tomatoes	13.74 1 kg	6 kg	82.42
Banana	45.34 1 Kg	16 Kg	725.38
Other Fruits	68.47 1 kg	14 Kg	958.52
Cooking oil (2.5lts)	85.00 2.5lt	3.6lt	122.40
Salt	7.00 1 kg	1 Kg	7.00
SubTotal			ZMW 3,985.84

(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)	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	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 250ml	1 250ml	30.00
Subtotal			ZMW 2,092.00

Total for Basic Needs and Nutrition Basket

ZMW 6,077.84

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Kalwala -Town	100.00
Grades 10-12 (User + PTA/year)	350.00	Lubwa-Town	120.00
School Uniform (Grades 8-9)	350.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,318.43	6,122.72	5,353.84.	4,893.93	6,077.84	5,203.27

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 May, 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 May Basic Needs Basket is approximately US\$339 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2020-05-31

Chinsali May 2020 Basic Nutrition and Needs Basket Report

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