

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

April 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.25 25 kg bag	2 x 25Kg	202.50
Rice	118.72 5kg	4kg	94.98
(Sweet) Potatoes	11.73 1 Kg	4 Kg	46.92
Beans	38.97 1kg	3kg	116.91
Pounded Groundnut	46.20 1kg	1kg	46.20
Soya Pieces	41.34 1 kg	2kg	82.67
Beef	60.50 1kg	2kg	121.00
Chicken	115.35 2kg	5kg	288.38
Kapenta	171.35 1kg	1kg	171.35
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	156.39 40 Kg	40kg	156.39
Onion	34.75 1 Kg	4 Kg	138.99
Tomatoes	9.94 1 kg	6 kg	59.65
Other Fruits	35.99 1 kg	14 Kg	503.86
Cooking oil (2.5lts)	116.82 2.5lt	3.6lt	168.22
Salt	8.23 1 Kg	1 Kg	8.23
Tea	52.45 250g	250g	52.45
SubTotal			ZMW 2,738.67

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	162.67 90kg bag(s)	2 90kg bag(s)	325.33
Soap (Lifebuoy/Champion)	10.62 Tablet(s)	3 Tablet(s)	31.87
Wash soap (BOOM)	17.37 400g	4 400g	69.49
Jelly (Vaseline)	28.05 500ml	1 500ml	28.05
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	19.00 Pack of 10	2 Pack of 10	38.00
Toilet Paper (2ply)	4.25 Tissue(s)	6 Tissue(s)	25.50
Lotion (Dawn)	29.15 400ml	1 400ml	29.15
Subtotal			ZMW 2,558.59

Total for Basic Needs and Nutrition Basket

ZMW 5,297.26

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
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		

Health

Fuel (cost at the pump)

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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

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 April, 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 April Basic Needs Basket is approximately US\$238 based upon the exchange rate Of K22.29. Other costs would include personal care, clothing, recreation, etc.

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<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2021-02-28

Choma December 2021 Basic Needs and Nutrition Basket Report

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