

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

July 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	102.00 25 kg bag	2 x 25Kg	204.00
Rice	78.00 5kg	4kg	62.40
Cassava Flour	15.25 1kg	6kg	91.50
(Sweet) Potatoes	2.55 1 Kg	4 Kg	10.20
Beans	30.34 1kg	3kg	91.03
Pounded Groundnut	27.75 1kg	1kg	27.75
Soya Pieces	41.43 1 kg	2kg	82.86
Beef	38.25 1kg	2kg	76.50
Chicken	73.91 2kg	5kg	184.78
Kapenta	102.42 1kg	1kg	102.42
Eggs	14.75 1 unit (10 eggs)	3 Trays (90 eggs)	132.74
Milk (Fresh)	8.20 500 ml	10 liters	164.00
Vegetables	168.99 40 Kg	40kg	168.99
Onion	13.97 1 Kg	4 Kg	55.89
Tomatoes	6.47 1 kg	6 kg	38.81
Banana	9.63 1 Kg	16 Kg	154.13
Other Fruits	21.02 1 kg	14 Kg	294.24
Cooking oil (2.5lts)	73.68 2.5lt	3.6lt	106.09
Salt	8.18 1 Kg	1 Kg	8.18
Tea	39.50 250g	250g	39.50
SubTotal			ZMW 2,095.99

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	127.33 90kg bag(s)	2 90kg bag(s)	254.67
Soap (Lifebuoy/Champion)	10.40 Tablet(s)	3 Tablet(s)	31.20
Wash soap (BOOM)	13.50 400g	4 400g	53.99
Jelly (Vaseline)	24.90 500ml	1 500ml	24.90
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	176.00 Month(s)	1 Month(s)	176.00
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	16.10 Pack of 10	2 Pack of 10	32.20
Toilet Paper (2ply)	3.35 Tissue(s)	6 Tissue(s)	20.10
Lotion (Dawn)	29.00 250ml	1 250ml	29.00
Subtotal			ZMW 2,749.57

Total for Basic Needs and Nutrition Basket

ZMW 4,845.56

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,050.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	6,000.00	Macha Road-Town	14.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	60.00	Petrol (per litre)	15.98
Malaria test	40.00	Diesel (per litre)	14.23
Consultation Fee	100.00	Paraffin (per litre)	13.02
CD4 Count	77.00		
Fast-Track Consultation	100.00		

(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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4845.56	5,221.71	5,324.60

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 July, 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 spar, macha road, makalanguzu and kalukungu. The July Basic Needs Basket is approximately US\$258.00 based upon the exchange rate Of K18.20. Other costs would include personal care, clothing, recreation, etc.

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2020-07-31

Choma July 2020 Basic Needs and Nutrition Basket Report

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