

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	96.88 25 kg bag	2 x 25Kg	193.75
Rice	85.75 5kg	4kg	68.60
Cassava Flour	15.25 1kg	6kg	91.50
(Sweet) Potatoes	2.64 1 Kg	4 Kg	10.56
Beans	38.17 1kg	3kg	114.50
Pounded Groundnut	46.65 1kg	1kg	46.65
Soya Pieces	45.60 1 kg	2kg	91.19
Beef	38.25 1kg	2kg	76.50
Chicken	78.46 2kg	5kg	196.15
Kapenta	236.41 1kg	1kg	236.41
Eggs	14.75 1 unit (10 eggs)	3 Trays (90 eggs)	132.74
Milk (Fresh)	8.70 500 ml	10 liters	174.00
Vegetables	187.11 40 Kg	40kg	187.11
Onion	10.48 1 Kg	4 Kg	41.94
Tomatoes	10.21 1 kg	6 kg	61.23
Banana	10.14 1 Kg	16 Kg	162.26
Other Fruits	22.70 1 kg	14 Kg	317.81
Cooking oil (2.5lts)	85.50 2.5lt	3.6lt	123.12
Salt	6.50 1 Kg	1 Kg	6.50
Tea	39.40 250g	250g	39.40
SubTotal			ZMW 2,371.93

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.00 90kg bag(s)	2 90kg bag(s)	252.00
Soap (Lifebuoy/Champion)	10.23 Tablet(s)	3 Tablet(s)	30.68
Wash soap (BOOM)	15.05 400g	4 400g	60.20
Jelly (Vaseline)	56.50 500ml	1 500ml	56.50
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)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	13.00 Pack of 10	2 Pack of 10	26.00
Toilet Paper (2ply)	3.93 Tissue(s)	6 Tissue(s)	23.55
Lotion (Dawn)	27.38 250ml	1 250ml	27.38
Subtotal			ZMW 2,629.81

Total for Basic Needs and Nutrition Basket

ZMW 5,001.73

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	40.00	Petrol (per litre)	17.62
Consultation Fee	100.00	Diesel (per litre)	15.59
CD4 Count	77.00	Paraffin (per litre)	15.39
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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

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 October, 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 October Basic Needs Basket is approximately US\$246 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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2020-10-31

Choma October 2020 Basic Needs and Nutrition Basket Report

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