

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	170.00 25 kg bag	2 x 25Kg	340.00
Rice	80.24 5kg	4kg	64.19
Cassava Flour	9.96 1kg	6kg	59.79
(Sweet) Potatoes	7.50 1 Kg	4 Kg	30.00
Beans	16.47 1kg	3kg	49.41
Pounded Groundnut	23.28 1kg	1kg	23.28
Soya Pieces	32.60 1 kg	2kg	65.20
Beef	50.00 1kg	2kg	100.00
Chicken	58.33 2kg	5kg	145.83
Kapenta	103.33 1kg	1kg	103.33
Eggs	28.00 1 unit (10 eggs)	3 Trays (90 eggs)	252.00
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	863.07 40 Kg	40kg	863.07
Onion	13.43 1 Kg	4 Kg	53.72
Tomatoes	13.31 1 kg	6 kg	79.88
Banana	43.89 1 Kg	16 Kg	702.29
Other Fruits	58.04 1 kg	14 Kg	812.62
Cooking oil (2.5lts)	90.00 2.5lt	3.6lt	129.60
Salt	7.00 1 kg	1 Kg	7.00
SubTotal			ZMW 4,081.22

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	75.00 90kg bag(s)	2 90kg bag(s)	150.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	25.00 500ml	1 500ml	25.00
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	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 250ml	1 250ml	30.00
Subtotal			ZMW 2,025.00

Total for Basic Needs and Nutrition Basket

ZMW 6,106.22

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Kalwala -Town	100.00
Grades 8-9 (User + PTA/year)	350.00	Lubwa-Town	120.00
Grades 10-12 (User + PTA/year)	350.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

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 June, 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 June Basic Needs Basket is approximately US\$337 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka