

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Chipata**

**June 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	181.03 25 kg bag	2 x 25Kg	362.06
Rice	59.17 5kg	4kg	47.34
Cassava Flour	16.65 1kg	6kg	99.90
(Sweet) Potatoes	9.91 1 Kg	4 Kg	39.64
Beans	15.79 1kg	3kg	47.36
Pounded Groundnut	17.68 1kg	1kg	17.68
Soya Pieces	34.22 1 kg	2kg	68.44
Beef	31.83 1kg	2kg	63.66
Chicken	72.99 2kg	5kg	182.48
Kapenta	66.76 1kg	1kg	66.76
Eggs	14.53 1 unit (10 eggs)	3 Trays (90 eggs)	130.79
Milk (Fresh)	7.33 500 ml	10 liters	146.63
Vegetables	299.26 40 Kg	40kg	299.26
Onion	8.33 1 Kg	4 Kg	33.31
Tomatoes	6.58 1 kg	6 kg	39.49
Banana	8.09 1 Kg	16 Kg	129.49
Other Fruits	8.05 1 kg	14 Kg	112.75
Cooking oil (2.5lts)	72.00 2.5lt	3.6lt	103.68
Salt	5.20 1 Kg	1 Kg	5.20
<b>SubTotal</b>			<b>ZMW 1,995.92</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	156.60 90kg bag(s)	2 90kg bag(s)	313.20
Soap (Lifebuoy/Champion)	7.42 Tablet(s)	3 Tablet(s)	22.25
Wash soap (BOOM)	11.00 400g	4 400g	43.99
Jelly (Vaseline)	25.17 500ml	1 500ml	25.17
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	1,550.00 Month(s)	1 Month(s)	1,550.00
Sanitary towels	15.58 Pack of 10	2 Pack of 10	31.16
Toilet Paper (2ply)	3.58 Tissue(s)	6 Tissue(s)	21.50
Lotion (Dawn)	21.00 250ml	1 250ml	21.00
<b>Subtotal</b>			<b>ZMW 2,440.27</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,436.18**

## (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)	550.00	Gonder-Town	30.00
Grades 8-9 (User + PTA/year)	700.00	Kapata-Town	50.00
Grades 10-12 (User + PTA/year)	700.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	200.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Malaria test	70.00	Paraffin (per litre)	15.39
Consultation Fee	150.00		

## (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
7,060.80	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 Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine market in Chipata. The June Basic Needs Basket is approximately US\$390 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc.

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