

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	122.75 25 kg bag	2 x 25Kg	245.50
Rice	82.50 5kg	4kg	66.00
Cassava Flour	15.25 1kg	6kg	91.50
(Sweet) Potatoes	2.58 1 Kg	4 Kg	10.31
Beans	42.93 1kg	3kg	128.78
Pounded Groundnut	32.46 1kg	1kg	32.46
Soya Pieces	35.35 1 kg	2kg	70.69
Beef	35.25 1kg	2kg	70.50
Chicken	73.91 2kg	5kg	184.78
Kapenta	160.79 1kg	1kg	160.79
Eggs	12.25 1 unit (10 eggs)	3 Trays (90 eggs)	110.24
Milk (Fresh)	8.38 500 ml	10 liters	167.50
Vegetables	156.93 40 Kg	40kg	156.93
Onion	22.35 1 Kg	4 Kg	89.41
Tomatoes	18.23 1 kg	6 kg	109.37
Banana	8.43 1 Kg	16 Kg	134.93
Other Fruits	24.82 1 kg	14 Kg	347.50
Cooking oil (2.5lts)	72.43 2.5lt	3.6lt	104.29
Salt	7.83 1 Kg	1 Kg	7.83
Tea	35.60 250g	250g	35.60
<b>SubTotal</b>			<b>ZMW 2,324.92</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	120.00 90kg bag(s)	2 90kg bag(s)	240.00
Soap (Lifebuoy/Champion)	9.53 Tablet(s)	3 Tablet(s)	28.58
Wash soap (BOOM)	13.80 400g	4 400g	55.20
Jelly (Vaseline)	17.00 500ml	1 500ml	17.00
Electricity (medium density)	477.15 Month(s)	1 Month(s)	477.15
Water & Sanitation (med - fixed)	180.00 Month(s)	1 Month(s)	180.00
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	17.58 Pack of 10	2 Pack of 10	35.15
Toilet Paper (2ply)	3.25 Tissue(s)	6 Tissue(s)	19.50
Lotion (Dawn)	27.15 250ml	1 250ml	27.15
<b>Subtotal</b>			<b>ZMW 2,729.73</b>

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

**ZMW 5,054.65**

## (C) SOME OTHER ADDITIONAL COSTS

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

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	60.00	Petrol (per litre)	17.62
Malaria test	40.00	Diesel (per litre)	15.59
Consultation Fee	100.00	Paraffin (per litre)	15.39
CD4 Count	77.00		

## (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 spar, macha road, makalanguzu and kalukungu. The June Basic Needs Basket is approximately US\$280 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc.

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