

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	104.00 25 kg bag	2 x 25Kg	208.00
Rice	112.90 5kg	4kg	90.32
(Irish) Potatoes	10.30 1 Kg	4 Kg	41.20
Beans	36.96 1kg	3kg	110.88
Pounded Groundnut	41.15 1kg	1kg	41.15
Soya Pieces	47.72 1 kg	2kg	95.44
Beef	68.50 1kg	2kg	137.00
Chicken	128.99 2kg	5kg	322.47
Kapenta	229.95 1kg	1kg	229.95
Eggs	18.58 1 unit (10 eggs)	3 Trays (90 eggs)	167.24
Milk (Fresh)	14.73 500 ml	10 liters	294.50
Vegetables	350.05 40 Kg	40kg	350.05
Onion	27.72 1 Kg	4 Kg	110.87
Tomatoes	13.88 1 kg	6 kg	83.27
Banana	10.50 1 Kg	16 Kg	168.00
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	117.25 2.5lt	3.6lt	168.84
Salt	8.90 1 Kg	1 Kg	8.90
Tea	27.00 250g	250g	27.00
<b>Sub Total</b>			<b>ZMW 3,114.1</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.49
Wash soap (BOOM)	16.00 400g	4 400g	64.00
Jelly (Vaseline)	42.50 400ml	1 400ml	42.50
Electricity (medium density)	324.00 Month(s)	1 Month(s)	324.00
Water & Sanitation (med - fixed)	202.63 Month(s)	1 Month(s)	202.63
Housing (3 bedroom)	1,572.00 Month(s)	1 Month(s)	1,572.00
Sanitary towels	15.50 Pack of 10	2 Pack of 10	31.00
Toilet Paper (2ply)	4.73 Tissue(s)	6 Tissue(s)	28.35
Lotion (Dawn)	31.88 400ml	1 400ml	31.88
<b>Subtotal</b>			<b>ZMW 2,750.59</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,864.69</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Kalukungu-Town	25.00
		Macha Road-Town	20.00
School Uniform (Grades 8-12)	195.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Registration (book)	5.00	Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54
		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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 25<sup>th</sup> January, 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Spar Supermarket, Macha Rd, Makkalangunzu and Kalukungu market and Schools, Clinics/hospitals, and filling stations around Choma. The January Basic Needs and Nutrition Basket is approximately US\$329.47 based on the exchange rate of K17.80. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for**

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