

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.17 25 kg bag	2 x 25Kg	280.33
Rice	113.75 5kg	4kg	91.00
Potatoes (Irish)	15.70 1 Kg	4 Kg	62.81
Beans	42.23 1kg	3kg	126.68
Pounded Groundnut	46.84 1kg	1kg	46.84
Soya Pieces	46.83 1 kg	2kg	93.67
Beef	76.00 1kg	2kg	151.99
Chicken	130.48 2kg	5kg	326.19
Kapenta	212.78 1kg	1kg	212.78
Eggs	17.55 1 unit (10 eggs)	3 Trays (90 eggs)	157.99
Milk (Fresh)	13.75 500 ml	10 liters	275.00
Vegetables	402.66 40 Kg	40kg	402.66
Onion	24.88 1 Kg	4 Kg	99.53
Tomatoes	12.44 1 kg	6 kg	74.66
Banana	10.49 1 Kg	16 Kg	167.84
Other Fruits	22.95 1 kg	14 Kg	321.30
Cooking oil (2.5lts)	128.50 2.5lt	3.6lt	185.04
Salt	11.73 1 Kg	1 Kg	11.73
Tea	28.00 250g	250g	28.00
<b>Sub Total</b>			<b>ZMW 3,114.04</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	210.00 90kg bag(s)	2 90kg bag(s)	420.00
Soap (Lifebuoy/Champion)	10.95 Tablet(s)	3 Tablet(s)	32.85
Wash soap (BOOM)	19.99 400g	4 400g	79.96
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
Jelly (Vaseline)	48.50 500ml	1 500ml	48.50
Sanitary towels	20.42 Pack of 10	2 Pack of 10	40.84
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	32.80 400ml	1 400ml	32.80
<b>Subtotal</b>			<b>ZMW 2,777.58</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,891.62</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	195.00

### **Transport (bus fare round trip)**

Item	Amount (ZMW)
Kalukungu-Town	25.00
Macha Road-Town	20.00

### **Health**

Registration (book)	5.00
---------------------	------

### **Fuel (cost at the pump May 2022)**

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

**(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26<sup>th</sup> May, 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 April Basic Needs and Nutrition Basket is approximately US\$ 343.13 based on the exchange rate of K17.17. 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**