

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	118.45 25 kg bag	2 x 25Kg	236.90
Rice	111.75 5kg	4kg	89.40
(Irish) Potatoes	18.10 1 Kg	4 Kg	72.41
Beans	45.23 1kg	3kg	135.68
Pounded Groundnut	47.47 1kg	1kg	47.47
Soya Pieces	51.53 1 kg	2kg	103.06
Beef	71.00 1kg	2kg	141.99
Chicken	111.49 2kg	5kg	278.73
Kapenta	238.94 1kg	1kg	238.94
Eggs	19.50 1 unit (10 eggs)	3 Trays (90 eggs)	175.49
Milk (Fresh)	13.10 500 ml	10 liters	262.00
Vegetables	400.00 40 Kg	40kg	400.00
Onion	19.50 1 Kg	4 Kg	77.98
Tomatoes	10.70 1 kg	6 kg	64.22
Banana	10.49 1 Kg	16 Kg	167.84
Other Fruits	40.99 1 kg	14 Kg	573.86
Cooking oil (2.5lts)	121.25 2.5lt	3.6lt	174.60
Salt	11.15 1 Kg	1 Kg	11.15
Tea	32.00 250g	250g	32.00
Sub Total			ZMW 3,283.70

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	200.00 90kg bag(s)	2 90kg bag(s)	400.00
Soap (Lifebuoy/Champion)	10.90 Tablet(s)	3 Tablet(s)	32.70
Wash soap (BOOM)	18.00 400g	4 400g	71.98
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)	56.89 500ml	1 500ml	56.89
Sanitary towels	20.20 Pack of 10	2 Pack of 10	40.40
Toilet Paper (2ply)	5.10 Tissue(s)	6 Tissue(s)	30.60
Lotion (Dawn)	29.10 400ml	1 400ml	29.10
Subtotal			ZMW 2,760.30
Total for Basic Needs and Nutrition Basket			ZMW 6,044.00

(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	24.00
Macha Road-Town	30.00

Health

Registration (book)	5.00
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Fuel (cost at the pump Oct, 2022)

Item	Amount (ZMW)
Petrol (per litre)	22.74
Diesel (per litre)	26.16
Paraffin (per litre)	16.06

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25th October, 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 October Basic Needs and Nutrition Basket is approximately US\$361.69 based on the exchange rate of K16.71 Other costs would include personal care, clothing, recreation, etc.

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