

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	107.50 25 kg bag	2 x 25Kg	215.00
Rice	112.86 5kg	4kg	90.29
Cassava Flour	10.00 1kg	6kg	60.00
(Irish) Potatoes	10.60 1 Kg	4 Kg	42.40
Beans	36.98 1kg	3kg	110.94
Pounded Groundnut	49.91 1kg	1kg	49.91
Soya Pieces	50.69 1 kg	2kg	101.39
Beef	67.75 1kg	2kg	135.50
Chicken	132.00 2kg	5kg	330.00
Kapenta	235.92 1kg	1kg	235.92
Eggs	18.37 1 unit (10 eggs)	3 Trays (90 eggs)	165.37
Milk (Fresh)	14.48 500 ml	10 liters	289.50
Vegetables	324.21 40 Kg	40kg	324.21
Onion	20.47 1 Kg	4 Kg	81.87
Tomatoes	11.54 1 kg	6 kg	69.24
Banana	10.50 1 Kg	16 Kg	168.00
Other Fruits	15.50 1 kg	14 Kg	175.00
Cooking oil (2.5lts)	114.75 2.5lt	3.6lt	165.24
Salt	9.75 1 Kg	1 Kg	9.75
Tea	30.50 250g	250g	30.50
Sub Total			ZMW 2,850.02

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	176.67 90kg bag(s)	2 90kg bag(s)	353.33
Soap (Lifebuoy/Champion)	14.13 Tablet(s)	3 Tablet(s)	42.38
Wash soap (BOOM)	15.75 400g	4 400g	63.00
Jelly (Vaseline)	43.50 500ml	1 500ml	43.50
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	15.00 Pack of 10	2 Pack of 10	29.99
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	26.99
Lotion (Dawn)	28.13 400ml	1 400ml	28.13
Subtotal			ZMW 2685.31
Total for Basic Needs and Nutrition Basket			ZMW 5,535.33

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Kalukungu-Town	25.00
		Macha Road-Town	20.00
School Uniform (Grades 8-12)	195.00		
Health		Fuel (cost at the pump)	
Registration (book)	5.00	Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93

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
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25th 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\$301.32 based on the exchange rate of K18.37. Other costs would include personal care, clothing, recreation, etc.

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