

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	118.98 25 kg bag	2 x 25Kg	237.96
Rice	97.48 5kg	4kg	77.98
(Irish) Potatoes	17.77 1 Kg	4 Kg	71.09
Beans	38.30 1kg	3kg	114.90
Pounded Groundnut	42.81 1kg	1kg	42.81
Soya Pieces	55.92 1 kg	2kg	111.85
Beef	71.00 1kg	2kg	141.99
Chicken	130.20 2kg	5kg	325.50
Kapenta	221.05 1kg	1kg	221.05
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	173.99
Milk (Fresh)	11.90 500 ml	10 liters	238.00
Vegetables	353.78 40 Kg	40kg	353.78
Onion	27.42 1 Kg	4 Kg	109.67
Tomatoes	17.15 1 kg	6 kg	102.89
Banana	15.00 1 Kg	16 Kg	240.00
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	125.00 2.5lt	3.6lt	179.99
Salt	9.05 1 Kg	1 Kg	9.05
Tea	17.50 250g	250g	17.50
Sub Total			ZMW 3,189.94

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	183.63 90kg bag(s)	2 90kg bag(s)	379.26
Soap (Lifebuoy/Champion)	15.95 Tablet(s)	3 Tablet(s)	47.85
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
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	55.00 500ml	1 500ml	55.00
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	26.97
Lotion (Dawn)	31.50 400ml	1 400ml	31.50
Subtotal			ZMW 2,719.20
Total for Basic Needs and Nutrition Basket			ZMW 5,909.14

(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 March, 2022)	
		Item	Amount (ZMW)
Registration (book)	5.00	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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

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\$335.74 based on the exchange rate of K17.80. Other costs would include personal care, clothing, recreation, etc.

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