

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	120.00 25 kg bag	2 x 25Kg	240.00
Rice	100.00 5kg	4kg	80.00
(Irish) Potatoes	18.00 1 Kg	4 Kg	72.00
Beans	40.00 1kg	3kg	120.00
Pounded Groundnut	40.81 1kg	1kg	40.81
Soya Pieces	50.98 1 kg	2kg	101.96
Beef	80.00 1kg	2kg	160.00
Chicken	125.78 2kg	5kg	314.45
Kapenta	210.78 1kg	1kg	210.78
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	13.00 500 ml	10 liters	260.00
Vegetables	400.00 40 Kg	40kg	400.00
Onion	25.88 1 Kg	4 Kg	103.52
Tomatoes	20.00 1 kg	6 kg	120.00
Banana	14.50 1 Kg	16 Kg	232.00
Other Fruits	23.00 1 kg	14 Kg	322.00
Cooking oil (2.5lts)	123.11 2.5lt	3.6lt	177.28
Salt	12.00 1 Kg	1 Kg	12.00
Tea	16.00 250g	250g	16.00
<b>Sub Total</b>			<b>ZMW 3,162.80</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.99 90kg bag(s)	2 90kg bag(s)	361.98
Soap (Lifebuoy/Champion)	16.90 Tablet(s)	3 Tablet(s)	50.70
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	48.00 500ml	1 500ml	48.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
<b>Subtotal</b>			<b>ZMW 2,701.31</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,864.11</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)	Item	Amount (ZMW)
		Kalukungu-Town	25.00
		Macha Road-Town	20.00
School Uniform (Grades 8-12)	195.00		

### **Health**

Item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	5.00		
		Petrol (per litre)	26.50
		Diesel (per litre)	26.22
		Paraffin (per litre)	19.32

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

### **Fuel (cost at the pump April, 2022)**

**(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
9,326.41	4,929.03	5046.50	5,046.50	7,419.56	7,786.89	5,681.23	5821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6453.27

This survey was conducted on 25<sup>th</sup> April, 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\$346.17 based on the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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