

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.00 25 kg bag	2 x 25Kg	260.00
Rice	118.00 5kg	4kg	94.40
(Sweet) Potatoes	13.66 1 Kg	4 Kg	54.64
Beans	42.44 1kg	3kg	127.32
Pounded Groundnut	48.00 1kg	1kg	48.00
Soya Pieces	40.58 1 kg	2kg	81.16
Beef	71.00 1kg	2kg	142.00
Chicken	130.00 2kg	5kg	325.00
Kapenta	210.99 1kg	1kg	210.99
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	14.22 500 ml	10 liters	284.40
Vegetables	412.12 40 Kg	40kg	412.12
Onion	20.99 1 Kg	4 Kg	83.96
Tomatoes	14.56 1 kg	6 kg	87.36
Banana	12.56 1 Kg	16 Kg	200.96
Other Fruits	20.99 1 kg	14 Kg	293.86
Cooking oil (2.5lts)	137.00 2.5lt	3.6lt	197.28
Salt	12.00 1 Kg	1 Kg	12.00
Tea	28.78 250g	250g	28.78
Sub Total			ZMW 3,118.23

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	225.00 90kg bag(s)	2 90kg bag(s)	450.00
Soap (Lifebuoy/Champion)	12.67 Tablet(s)	3 Tablet(s)	38.01
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)	46.00 500ml	1 500ml	46.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	37.88 400ml	1 400ml	37.88
Subtotal			ZMW 2,830
Total for Basic Needs and Nutrition Basket			ZMW 5,948.75

(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	26.50
Macha Road-Town	21.50

Health

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

Item	Amount (ZMW)
Petrol (per litre)	26.75
Diesel (per litre)	28.01
Paraffin (per litre)	18.76

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 25th July, 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 July Basic Needs and Nutrition Basket is approximately US\$357.5 based on the exchange rate of K16.64. Other costs would include personal care, clothing, recreation, etc.

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