

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	123.38 25 kg bag	2 x 25Kg	246.75
Rice	113.93 5kg	4kg	91.14
(Sweet) Potatoes	11.81 1 Kg	4 Kg	47.25
Beans	41.89 1kg	3kg	125.67
Pounded Groundnut	42.11 1kg	1kg	42.11
Soya Pieces	48.61 1 kg	2kg	97.22
Beef	69.25 1kg	2kg	138.50
Chicken	93.86 2kg	5kg	234.64
Kapenta	224.47 1kg	1kg	224.47
Eggs	19.42 1 unit (10 eggs)	3 Trays (90 eggs)	174.74
Milk (Fresh)	14.38 500 ml	10 liters	287.50
Vegetables	412.70 40 Kg	40kg	412.70
Onion	23.56 1 Kg	4 Kg	94.26
Tomatoes	10.99 1 kg	6 kg	65.91
Banana	12.75 1 Kg	16 Kg	204.07
Other Fruits	33.99 1 kg	14 Kg	475.86
Cooking oil (2.5lts)	152.05 2.5lt	3.6lt	218.95
Salt	8.67 1 Kg	1 Kg	8.67
Tea	29.85 250g	250g	29.85
Sub Total			ZMW 3,220.27

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	206.67 90kg bag(s)	2 90kg bag(s)	413.33
Soap (Lifebuoy/Champion)	15.99 Tablet(s)	3 Tablet(s)	47.97
Wash soap (BOOM)	23.00 400g	4 400g	91.98
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)	60.00 500ml	1 500ml	60.00
Sanitary towels	27.45 Pack of 10	2 Pack of 10	54.90
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	33.10 400ml	1 400ml	33.10
Subtotal			ZMW 2,823.91
Total for Basic Needs and Nutrition Basket			ZMW 6,044.18

(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
---------------------	------

Fuel (cost at the pump August, 2022)

Item	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87
Paraffin (per litre)	18.43

(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25th August, 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 August Basic Needs and Nutrition Basket is approximately US\$380.13 based on the exchange rate of K15.90. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka