

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.73 25 kg bag	2 x 25Kg	235.45
Rice	129.40 5kg	4kg	103.52
Irish Potatoes	16.82 1 Kg	4 Kg	67.29
Beans	36.72 1kg	3kg	110.15
Pounded Groundnut	35.91 1kg	1kg	35.91
Soya Pieces	46.81 1 kg	2kg	93.63
Beef	65.10 1kg	2kg	130.20
Chicken	120.25 2kg	5kg	300.63
Kapenta	242.90 1kg	1kg	242.90
Eggs	18.25 1 unit (10 eggs)	3 Trays (90 eggs)	164.24
Milk (Fresh)	13.05 500 ml	10 liters	261.00
Vegetables	520.00 40 Kg	40kg	520.00
Onion	12.97 1 Kg	4 Kg	51.90
Tomatoes	10.59 1 kg	6 kg	63.56
Banana	15.93 1 Kg	16 Kg	254.86
Other Fruits	29.96 1 kg	14 Kg	419.51
Cooking oil (2.5lts)	115.07 2.5lt	3.6lt	165.70
Salt	10.58 1 Kg	1 Kg	10.58
Tea	34.00 250g	250g	34.00
SubTotal			ZMW 3,265.03

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	222.67 90kg bag(s)	2 90kg bag(s)	445.33
Soap (Lifebuoy/Champion)	14.27 Tablet(s)	3 Tablet(s)	42.80
Wash soap (BOOM)	17.00 400g	4 400g	67.99
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)	36.25 500ml	1 500ml	36.25
Sanitary towels	17.73 Pack of 10	2 Pack of 10	35.47
Toilet Paper (2ply)	4.67 Tissue(s)	6 Tissue(s)	28.00
Lotion (Dawn)	28.80 400ml	1 400ml	28.80
Subtotal			ZMW 2,783.27
Total for Basic Needs and Nutrition Basket			ZMW 6,048.30

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
	Kalukungu-Town	24.00	
		Macha Road-Town	30.00
School Uniform (Grades 8-12)	195.00		
Health		Fuel (cost at the pump Oct, 2022)	
Registration (book)	5.00	Item	Amount (ZMW)
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38
		Paraffin (per litre)	19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, 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, Macha Road, Makkalanguzu and Kalukungu as well as Schools, clinics/hospitals, and filling stations around Choma. The November Basic Needs and Nutrition Basket is approximately US\$ 351.25 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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