

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

December 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	128.83 5kg	4kg	103.06
Irish Potatoes	16.61 1 Kg	4 Kg	66.42
Beans	38.98 1kg	3kg	116.94
Pounded Groundnut	33.33 1kg	1kg	33.33
Soya Pieces	50.25 1 kg	2kg	100.51
Beef	65.12 1kg	2kg	130.25
Chicken	169.59 2kg	5kg	423.98
Kapenta	280.79 1kg	1kg	280.79
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	164.99
Milk (Fresh)	12.80 500 ml	10 liters	256.00
Vegetables	128.48 40 Kg	40kg	128.48
Onion	11.35 1 Kg	4 Kg	45.39
Tomatoes	8.61 1 kg	6 kg	51.64
Banana	16.11 1 Kg	16 Kg	257.83
Other Fruits	30.72 1 kg	14 Kg	430.08
Cooking oil (2.5lts)	103.25 2.5lt	3.6lt	148.68
Salt	10.58 1 Kg	1 Kg	10.58
Tea	49.95 250g	250g	49.95
SubTotal			ZMW 3,034.36

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	468.00 90kg bag(s)	2 90kg bag(s)	936.00
Soap (Lifebuoy/Champion)	14.20 Tablet(s)	3 Tablet(s)	42.60
Wash soap (BOOM)	17.25 400g	4 400g	68.99
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)	28.75 500ml	1 500ml	28.75
Sanitary towels	17.05 Pack of 10	2 Pack of 10	34.10
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	27.00
Lotion (Dawn)	27.85 400ml	1 400ml	27.85
Subtotal			ZMW 3,263.92
Total for Basic Needs and Nutrition Basket			ZMW 6,298.28

(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)	Item	Amount (ZMW)
		Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25th December, 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 December Basic Needs and Nutrition Basket is approximately US\$ 350.49 based on the exchange rate of K 17.97 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