**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Choma** **January** **2020**

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

**Commodity** **Price (ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Mealie Meal (Roller) 148.50 25 kg bag 2 x 25Kg 297.00

Rice 75.62 5kg 4kg 60.50

Cassava Flour 12.50 1kg 6kg 75.00

(Sweet) Potatoes 7.05 1 Kg 4 Kg 28.20

Beans 19.92 1kg 3kg 59.75

Pounded Groundnut 81.09 1kg 1kg 81.09

Soya Pieces 38.53 1 kg 2kg 77.06

Beef 32.75 1kg 2kg 65.50

Chicken 40.67 2kg 5kg 101.68

Kapenta 124.18 1kg 1kg 124.18

Eggs 11.33 1 unit (10 eggs) 3 Trays (90 eggs) 101.99

Milk (Fresh) 7.98 500 ml 10 liters 159.50

Vegetables 236.64 40 Kg 40kg 236.64

Onion 7.89 1 Kg 4 Kg 31.55

Tomatoes 8.55 1 kg 6 kg 51.31

Banana 8.24 1 Kg 16 Kg 131.77

Other Fruits 21.17 1 kg 14 Kg 296.35

Cooking oil (2.5lts) 56.75 2.5lt 3.6lt 81.72

Salt 6.33 1 Kg 1 Kg 6.33

Tea 32.35 250g 250g 32.35

**SubTotal** **ZMW 2,099.46**

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

**Commodity** **Price (ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Charcoal 96.00 90kg bag(s) 2 90kg bag(s) 192.00

Soap (Lifebuoy/Champion) 8.20 Tablet(s) 3 Tablet(s) 24.60

Wash soap (BOOM) 10.50 400g 4 400g 41.99

Jelly (Vaseline) 17.85 500ml 1 500ml 17.85

Electricity (medium density) 477.51 Month(s) 1 Month(s) 477.51

Water & Sanitation (med - fixed) 184.00 Month(s) 1 Month(s) 184.00

Housing (3 bedroom) 1,500.00 Month(s) 1 Month(s) 1,500.00

Sanitary towels 16.70 Pack of 10 2 Pack of 10 33.40

Toilet Paper (2ply) 1.50 Tissue(s) 6 Tissue(s) 8.99

Lotion (Dawn) 23.15 250ml 1 250ml 23.15

**Subtotal** **ZMW 2,503.49**

**Total for Basic Needs and Nutrition Basket** **ZMW 4,602.95**

**(C) SOME OTHER ADDITIONAL COSTS**

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

**Item** **Amount (ZMW)** **Item** **Amount (ZMW)**

Grades 8-9 (User + PTA/year) 1,050.00 Kalukungu-Town 20.00

Grades 10-12 (User + PTA/year) 5,400.00 Macha Road-Town 14.00

***Health*** ***Fuel (cost at the pump)***

**Item** **Amount (ZMW)** **Item** **Amount (ZMW)**

Fast Track / High Cost fee 100.00 Petrol (per litre) 17.62

Mosquito net (private) 60.00 Diesel (per litre) 15.59

Malaria test 40.00 Paraffin (per litre) 15.39

Consultation Fee 100.00

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lusaka | Kasama | Mansa | Mongu | Ndola | Solwezi | Monze | Chipata | Mpika | Luanshya | Kitwe | Kabwe | Livingstone | Choma | Chinsali | Mazabuka |
| 7,410.96 | 3,801.29 | 3,658.82 | 3,927.78 | 5,870.13 | 4,984.47 | 5,558.42 | 4,269.48 | 3,732.43 | 4,914.74 | 5,095.38 | 5,863.53 | 5,242.63 | 4,602.95 | 4,863.79 | 4,923.41 |

**Compositions of vegetables and fruits**

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples and Oranges.

This survey was conducted on 27th January, 2020 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection.

Average prices were calculated on the basis of surveys conducted at spar, macha road, makalanguzu and kalukungu. The January Basic Needs Basket is approximately US$316 based upon the exchange rate of K14.56 prevailing on the days of data collection. Please note that other monthly costs would personal care, clothing, recreation, etc.

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