

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	161.25 25 kg bag	2 x 25Kg	322.50
Rice	216.56 5kg	4kg	173.25
Cassava Flour	11.29 1kg	6kg	67.73
(Sweet) Potatoes	21.90 1 Kg	4 Kg	87.59
Beans	20.39 1kg	3kg	61.17
Pounded Groundnut	29.13 1kg	1kg	29.13
Soya Pieces	20.65 1 kg	2kg	41.30
Beef	40.00 1kg	2kg	80.00
Chicken	52.50 2kg	5kg	131.25
Kapenta	42.15 1kg	1kg	42.15
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	453.89 40 Kg	40kg	453.89
Onion	15.42 1 Kg	4 Kg	61.67
Tomatoes	16.31 1 kg	6 kg	97.84
Banana	11.91 1 Kg	16 Kg	190.57
Other Fruits	18.93 1 kg	14 Kg	264.98
Cooking oil (2.5lts)	57.50 2.5lt	3.6lt	82.80
Salt	6.00 1 Kg	1 Kg	6.00
Subtotal			ZMW 2,486.34

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	8.00 Tablet(s)	3 Tablet(s)	24.00
Wash soap (BOOM)	19.50 400g	4 400g	78.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	120.00 Month(s)	1 Month(s)	120.00
Water & Sanitation (med - fixed)	191.00 Month(s)	1 Month(s)	191.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	25.00 250ml	1 250ml	25.00
Subtotal			ZMW 1,964.00

Total for Basic Needs Basket

ZMW 4,450.34

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00		
Grades 8-9 (User + PTA/year)	250.00		
Grades 10-12 (User + PTA/year)	350.00		
School Uniform (Grades 1-7)	150.00		
School Uniform (Grades 8-9)	280.00		
School Uniform (Grades 8-12)	295.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	15.98
Malaria test	20.00	Diesel (per litre)	14.23
		Paraffin (per litre)	13.02

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

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 26th November, 2019 by the Social & Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of prices gathered from retail outlets at Kabuta, Kalukungu market, new market and old market around Chinsali. The November Basic Needs Basket is approximately US\$304 based upon the exchange rate of K13 prevailing on the days of data collection. Please note that other monthly costs would personal care, clothing, recreation, etc.

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