

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	192.21 25 kg bag	2 x 25Kg	384.43
Rice	65.34 5kg	4kg	52.27
Cassava Flour	18.90 1kg	6kg	113.43
(Sweet) Potatoes	6.57 1 Kg	4 Kg	26.29
Beans	16.11 1kg	3kg	48.32
Pounded Groundnut	29.02 1kg	1kg	29.02
Soya Pieces	25.56 1 kg	2kg	51.11
Beef	29.17 1kg	2kg	58.33
Chicken	50.50 2kg	5kg	126.25
Kapenta	103.02 1kg	1kg	103.02
Eggs	14.67 1 unit (10 eggs)	3 Trays (90 eggs)	132.00
Milk (Fresh)	7.58 500 ml	10 liters	151.67
Vegetables	312.68 40 Kg	40kg	312.68
Onion	24.04 1 Kg	4 Kg	96.15
Tomatoes	22.06 1 kg	6 kg	132.34
Banana	19.43 1 Kg	16 Kg	310.84
Other Fruits	13.99 1 kg	14 Kg	195.92
Cooking oil (2.5lts)	60.67 2.5lt	3.6lt	87.36
Salt	5.65 1 Kg	1 Kg	5.65
<b>Subtotal</b>			<b>ZMW 2,417.07</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	68.00 90kg bag(s)	2 90kg bag(s)	136.00
Soap (Lifebuoy/Champion)	8.50 Tablet(s)	3 Tablet(s)	25.50
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	14.00 500ml	1 500ml	14.00
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	11.40 Pack of 10	2 Pack of 10	22.80
Toilet Paper (2ply)	2.92 Tissue(s)	6 Tissue(s)	17.50
Lotion (Dawn)	21.67 250ml	1 250ml	21.67
<b>Subtotal</b>			<b>ZMW 2,188.80</b>

## **Total for Basic Needs Basket**

**ZMW 4,605.87**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	600.00	Gonder-Town	30.00
Grades 8-9 (User + PTA/year)	550.00	Kapata-Town	40.00
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	300.00		
School Uniform (Grades 8-9)	380.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	60.00	Petrol (per litre)	15.98
Malaria test	60.00	Diesel (per litre)	14.23
Consultation Fee	100.00	Paraffin (per litre)	13.02
CD4 Count	100.00		

**(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 26<sup>th</sup> November, 2019 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 Kapata market, Saturday market, Shoprite, Navutika market, Kaumbwe market and magazine marketing Chipata. The November Basic Needs Basket is approximately US\$314 based upon the exchange rate of K14.65 per US\$ prevailing on the days of data collection. Please note that other monthly 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**