

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.00 25 kg bag	2 x 25Kg	258.00
Rice	74.38 5kg	4kg	59.50
Cassava Flour	12.50 1kg	6kg	75.00
(Sweet) Potatoes	7.05 1 Kg	4 Kg	28.20
Beans	23.10 1kg	3kg	69.29
Pounded Groundnut	81.32 1kg	1kg	81.32
Soya Pieces	41.66 1 kg	2kg	83.31
Beef	32.75 1kg	2kg	65.50
Chicken	48.79 2kg	5kg	121.98
Kapenta	124.43 1kg	1kg	124.43
Eggs	10.17 1 unit (10 eggs)	3 Trays (90 eggs)	91.50
Milk (Fresh)	8.38 500 ml	10 liters	167.50
Vegetables	203.31 40 Kg	40kg	203.31
Onion	7.89 1 Kg	4 Kg	31.55
Tomatoes	7.80 1 kg	6 kg	46.81
Banana	8.16 1 Kg	16 Kg	130.51
Other Fruits	18.45 1 kg	14 Kg	258.32
Cooking oil (2.5lts)	60.38 2.5lt	3.6lt	86.94
Salt	6.75 1 Kg	1 Kg	6.75
Tea	42.50 250g	250g	42.50
Subtotal			ZMW 2,032.22

(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)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	20.75 500ml	1 500ml	20.75
Electricity (medium density)	477.50 Month(s)	1 Month(s)	477.50
Water & Sanitation (med - fixed)	180.00 Month(s)	1 Month(s)	180.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	13.98 Pack of 10	2 Pack of 10	27.95
Toilet Paper (2ply)	3.33 Tissue(s)	6 Tissue(s)	19.95
Lotion (Dawn)	21.90 250ml	1 250ml	21.90
Subtotal			ZMW 2,504.64
Total for Basic Needs Basket			ZMW 4,536.86

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	600.00	Macha Road-Town	14.00
School Uniform (Grades 1-7)	132.00		
School Uniform (Grades 8-9)	218.00		
School Uniform (Grades 8-12)	300.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	15.98
Mosquito net (private)	60.00	Diesel (per litre)	14.23
Malaria test	40.00	Paraffin (per litre)	13.02

Consultation Fee

100.00

CD4 Count

77.00

(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 27th 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 spar, macha road, makalanguzu and kalukungu. The November Basic Needs Basket is approximately US\$310 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.

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