

JCTR RURAL BASKET: KALONGOLA AREA, SHANGOMBO

March 2013

(A) BASIC FOOD ITEMS FOR AVERAGE SIZE FAMILY OF SEVEN IN KALONGOLA AREA

Monthly Food Needs – “Jan-Mar Ideal”		Average Actual Food Consumed – “Prevailing Situation”		
Item	Quantity	Item	Quantity	Common Means of Access (K/Kg)
Maize Grain	100Kg	Maize Meal	75.8Kg	K62, 500 per 50Kg bag
Cassava Tubers	20 Kg	Fresh Maize Cobs	12.5Kg	Harvest
Eggs	300g	Chicken	3.9kg	Reared
Chicken	5 Kg	Meat	2.3Kg	K10, 000
Sweet Potatoes	10Kg	Fresh Fish	5.2Kg	K5, 000
Fresh fish	5 kg	Dry fish	-	-
Dry Fish	1 Kg	Beans	9.1Kg	Harvest
Beans	5 Kg	Groundnuts	10.5Kg	Harvest
Groundnuts	5 Kg	Cassava Meal	19.4Kg	K1, 250
Tomatoes	10 Kg	Sweet Potatoes	5.0Kg	Harvest
Onions	2 Kg	Tomatoes	2.6Kg	K5, 000
Rape	4 kg	Onions	-	-
Sweet Potatoes	2 Kg	Okra	-	-
Pumpkin Leaves	3 Kg	Rape	3.2Kg	Harvest
Sugar	2 Kg	Sweet Potatoe Lvs	2.2Kg	Harvest
Okra	2kg	Cassava Lvs	3.3Kg	Harvest
Salt	1 Kg	Pumpkin Lvs	5.9Kg	Harvest
Cooking oil	2 litres	Sindambi	3.5Kg	Harvest
		Sugar	2.0Kg	K7, 500
		Salt	1.4Kg	K2,000
		Cooking oil	1.6Litres	K12, 000 per 750mL
Avg. Calories / person / day	2,400	Avg. Calories / person / day	1,695	Deficit (-705)
Avg. Protein / person / day	30	Avg. Protein / person / day	50	Surplus (+20)
Avg. Calcium/ person / day	450	Avg. Calcium / person / day	265	Deficit (-185)
Avg. Iron / person / day	13	Avg. Iron / person / day	15	Surplus (+2)
Avg. Vit A / person / day	636	Avg. Vit A / person / day	1,676	Surplus (+1,040)

(B) ESSENTIAL NON-FOOD ITEMS

Monthly Non-Food Needs			Average Actual Expenditure on Non-Food Needs		
Item	Quantity	Cost (K)	Item	Quantity	Cost (K)
Paraffin	750 mLs x 2	8,400	Paraffin	1litre	5,000
Matches	5 boxes	2,500	Matches	5 boxes	2,500
Bath Soap	4 tablets	16,000	Bath Soap	2 tablet	8,000
Wash Soap	2 x 400g boom	12,000	Wash Soap – Boom	1 x 400g	6,000
Vaseline	1 x 500 mLs	2,500	Milling	65 kg	13,000
Lotion	2 x 400 mLs	13,000	Lotion	400 mLs	6,500
Milling	100Kgs	20,000			
Total Cost		K74, 400	Average Expenditure		K41, 000

(C) ESSENTIAL SERVICES

Service	Cost	Distance	Comment
Water	Time (5-10 minutes)	100m	1 borehole but not enough for the people. Households rely on streams due to 1 borehole but it is not enough.
Sanitation			9 latrines but not enough, 6 VIP latrines, 2 temporal structures
Primary School (Grades 1 to 7)			Kalongola school
Basic School (Grades 8 to 9)		40-60m	14 teachers, 707 pupils, the area needs more teachers OVCs: 178
Secondary School			
Clinic (Silowana)			Coartem available, 2 medical staff but not enough for the people
Hospital			
Transport (Kalongola to Senanga)	K40, 000	20km	
Transport (Kalongola to Mongu)	K80, 000	280km	
Agricultural Extension			3 regular visits
Input delivery			
Hammer Mill	K500 per bucket		6 hammer mills; not enough for the population
Community Development			

(D) PREVAILING LIVELIHOODS OF SELECTED HOUSEHOLDS IN MARCH

	Selling Construction poles	Selling groundnuts	Maize farming	Fishing
Input Costs	-	-	K1,400,000	K250, 000-K300,000
Sales	K360, 000-K500, 000	K160,000-K370, 000	K1,625,000	K350, 000-K440, 000
Profit / Wage	K360, 000-K500, 000	K160,000-K370, 000	K225,000	K100,000 - K140, 000

(E) MINIMUM ANNUAL FOOD PRODUCTION FOR HOUSEHOLD FOOD SECURITY IN KALONGOLA AREA, SHANGOMBO

	Maize	Cassava	Beans	Groundnuts
Average yield per Lima	3000 Kg	18,000 Kg bags	3 x 50Kg bags	20 x 50 Kg bags
Required Inputs	5 Kg Seed, 50 Kg Basal Fertilizer, 50 Kg Top Dressing, Labour	Cassava cuttings, 50Kg fertilizer, Labour	5 Kg seeds, Labour	5 Kg seed, Labour
Total Input Cost	K506,500	K550,000	K245,000	K225,000

*This survey was conducted during the first week of **March 2013** by the Social Conditions Programme of the Jesuit Centre for Theological Reflection. Average calories were calculated on the basis of food consumption from randomly selected households within Kalongola area in Shangombo. Additional information was collected from rural health centres, Ministry of Agriculture and Cooperatives, schools etc, within Shangombo district.*

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