

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

August 2022

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

| Commodity            | Price (ZMW) / Unit     | Quantity / Month  | Total (ZMW)         |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 125.00 25 kg bag       | 2 x 25Kg          | 250.00              |
| Rice                 | 129.49 5kg             | 4kg               | 103.59              |
| Cassava Flour        | 23.97 1kg              | 6kg               | 143.83              |
| (Irish) Potatoes     | 15.55 1 Kg             | 4 Kg              | 62.20               |
| Beans                | 44.48 1kg              | 3kg               | 133.44              |
| Pounded Groundnut    | 41.72 1kg              | 1kg               | 41.72               |
| Soya Pieces          | 55.56 1 kg             | 2kg               | 111.11              |
| Beef                 | 65.00 1kg              | 2kg               | 130.00              |
| Chicken              | 131.82 2kg             | 5kg               | 329.55              |
| Kapenta              | 211.40 1kg             | 1kg               | 211.40              |
| Eggs                 | 19.81 1 unit (10 eggs) | 3 Trays (90 eggs) | 178.32              |
| Milk (Fresh)         | 16.25 500 ml           | 10 liters         | 324.95              |
| Vegetables           | 411.40 40 Kg           | 40kg              | 411.40              |
| Onion                | 14.97 1 Kg             | 4 Kg              | 59.89               |
| Tomatoes             | 15.36 1 kg             | 6 kg              | 92.15               |
| Banana               | 16.10 1 Kg             | 16 Kg             | 257.56              |
| Other Fruits         | 24.12 1 kg             | 14 Kg             | 337.72              |
| Cooking oil (2.5lts) | 120.00 2.5lt           | 3.6lt             | 172.80              |
| Salt                 | 15.66 1 Kg             | 1 Kg              | 15.66               |
| Tea                  | 25.83 250g             | 250g              | 25.83               |
| <b>Sub Total</b>     |                        |                   | <b>ZMW 3,393.14</b> |

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

| Commodity   | Price (ZMW) / Unit | Quantity / Month | Total (ZMW)         |
|---|--------------------|------------------|---------------------|
| Charcoal  | 210.00 90kg bag(s) | 2 90kg bag(s)    | 420.00              |
| Soap (Lifebuoy/Champion)                          | 15.00 Tablet(s)    | 3 Tablet(s)      | 45.00               |
| Wash soap (BOOM)                                  | 20.00 400g         | 4 400g           | 80.00               |
| Electricity (medium density)                      | 273.20 Month(s)    | 1 Month(s)       | 273.20              |
| Water & Sanitation (med - fixed)                  | 253.60 Month(s)    | 1 Month(s)       | 253.00              |
| Housing (3 bedroom)                               | 1,828.00 Month(s)  | 1 Month(s)       | 1,828.00            |
| Jelly (Vaseline)                                  | 35.00 500ml        | 1 500ml          | 35.00               |
| Sanitary towels                                   | 30.00 Pack of 10   | 2 Pack of 10     | 60.00               |
| Toilet Paper (2ply)                               | 6.00 Tissue(s)     | 6 Tissue(s)      | 36.00               |
| Lotion (Dawn)                                     | 35.00 400ml        | 1 400ml          | 35.00               |
| <b>Subtotal</b>                                   |                    |                  | <b>ZMW 3,065.80</b> |
| <b>Total for Basic Needs and Nutrition Basket</b> |                    |                  | <b>ZMW 6,458.94</b> |

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

| Item           | Amount (ZMW) |
|----------------|--------------|
| School Uniform | 251.         |

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

| Item                | Amount (ZMW) |
|---------------------|--------------|
| Victoria Falls-Town | 20.00        |

### **Health**

### **Fuel (cost at the pump August, 2022)**

| Item                 | Amount (ZMW) |
|----------------------|--------------|
| Petrol (per litre)   | 23.19        |
| Diesel (per litre)   | 24.87        |
| Paraffin (per litre) | 18.43        |

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

| Chinsali | Chipata  | Choma    | Kabwe    | Kasama   | Kitwe    | Livingstone | Luanshya | Lusaka   | Mazabuka | Mongu    | Monze    | Mpika    | Ndola    | Solwezi  |
|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 5279.05  | 5,299.91 | 6,044.18 | 7,098.97 | 4,956.37 | 7,019.51 | 6,458.94    | 6,217.87 | 9,077.86 | 6,003.91 | 5,047.41 | 5,337.24 | 5,853.75 | 7,603.26 | 7,945.30 |

This survey was conducted on 25<sup>th</sup> August 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Dambwa North, Dambwa South, Town centre, Malota, Ellene Brittal, Shoprite and Schools, Clinics/hospitals, and filling stations around Livingstone. The August Basic Needs and Nutrition Basket is approximately US\$406.22 based upon the exchange rate of K15.90 other costs would include personal care, clothing, recreation, etc

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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