

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	134.50 25 kg bag	2 x 25Kg	269.00
Rice	125.00 5kg	4kg	100.00
Cassava Flour	11.66 1kg	6kg	69.93
(Sweet) Potatoes	13.22 1 Kg	4 Kg	52.90
Beans	30.00 1kg	3kg	90.00
Pounded Groundnut	50.00 1kg	1kg	50.00
Soya Pieces	48.64 1 kg	2kg	97.27
Beef	77.50 1kg	2kg	155.00
Chicken	130.00 2kg	5kg	325.00
Kapenta	166.67 1kg	1kg	166.67
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	14.50 500 ml	10 liters	290.00
Vegetables	528.19 40 Kg	40kg	528.19
Onion	19.75 1 Kg	4 Kg	79.01
Tomatoes	12.33 1 kg	6 kg	73.99
Banana	13.33 1 Kg	16 Kg	213.33
Other Fruits	22.50 1 kg	14 Kg	315.00
Cooking oil (2.5lts)	136.50 2.5lt	3.6lt	196.56
Salt	19.28 1 Kg	1 Kg	19.28
Tea	20.00 250g	250g	20.00
<b>Sub Total</b>			<b>ZMW 3,276.12</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	225.00 90kg bag(s)	2 90kg bag(s)	450.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Electricity (medium density)	370.75 Month(s)	1 Month(s)	320.75
Water & Sanitation (med - fixed)	275.00 Month(s)	1 Month(s)	275.00
Housing (3 bedroom)	1,587.00 Month(s)	1 Month(s)	1,587.00
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	28.50 Pack of 10	2 Pack of 10	57.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 2,941.75</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,217.87</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
	Kalala-town	20.00	
	Mpatamutu-town	40.00	
	Newtown-Town	20.00	
School Uniform (Grades 8-12)	580.00		

### **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 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 Mpatamatu, Roan Market, Zaone Market, Mikomfwa and Shoprite and Schools, clinics/hospitals, and filling stations around Luanshya. The August Basic Needs Basket is approximately US\$ 391.06 based upon the exchange rate of K15.90 Other costs would include personal care, clothing, recreation, etc.

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

Jesuit Centre for Theological Reflection (JCTR)

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