

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	114.57 25 kg bag	2 x 25Kg	229.14
Rice	129.46 5kg	4kg	103.57
Cassava Flour	17.25 1kg	6kg	103.50
(Irish) Potatoes	12.34 1 Kg	4 Kg	49.35
Beans	38.82 1kg	3kg	116.46
Pounded Groundnut	41.98 1kg	1kg	41.98
Soya Pieces	49.37 1 kg	2kg	98.74
Beef	69.50 1kg	2kg	139.00
Chicken	115.43 2kg	5kg	288.56
Kapenta	205.45 1kg	1kg	205.45
Eggs	17.17 1 unit (10 eggs)	3 Trays (90 eggs)	154.50
Milk (Fresh)	15.40 500 ml	10 liters	307.96
Vegetables	561.96 40 Kg	40kg	561.96
Onion	18.96 1 Kg	4 Kg	75.83
Tomatoes	13.45 1 kg	6 kg	80.69
Banana	17.99 1 Kg	16 Kg	287.84
Other Fruits	21.00 1 kg	14 Kg	294.00
Cooking oil (2.5lts)	138.00 2.5lt	3.6lt	198.72
Salt	11.40 1 Kg	1 Kg	11.40
Tea	25.50 250g	250g	25.50
<b>Sub Total</b>			<b>ZMW 3,374.15</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	428.00 90kg bag(s)	2 90kg bag(s)	856.00
Soap (Lifebuoy/Champion)	16.70 Tablet(s)	3 Tablet(s)	50.10
Wash soap (BOOM)	18.43 400g	4 400g	73.71
Electricity (medium density)	569.00 Month(s)	1 Month(s)	569.00
Water & Sanitation (med - fixed)	202.50 Month(s)	1 Month(s)	202.50
Housing (3 bedroom)	3,820.00 Month(s)	1 Month(s)	3,820.00
Jelly (Vaseline)	39.86 500ml	1 500ml	39.86
Sanitary towels	17.60 Pack of 10	2 Pack of 10	29.20
Toilet Paper (2ply)	5.71 Tissue(s)	6 Tissue(s)	34.28
Lotion (Dawn)	29.16 400ml	1 400ml	29.16
<b>Subtotal</b>			<b>ZMW 5,703.71</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 9,077.86</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grades 8-12)	240.00

### **Transport (bus fare round**

Item	Amount (ZMW)
Chilenje - Town	29.94
Chelston - town	30.00
Matero - Town	29.20

### **Health**

### **Fuel (cost at the pump)**

Item	Amount (ZMW)	Item (August, 2022)	Amount (ZMW)
Registration (book)	5.00	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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The August Basic Needs Basket is approximately US\$ 570.93 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)**

**JCTR Repository**

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

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Reports

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