

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.40 25 kg bag	2 x 25Kg	232.80
Rice	94.33 5kg	4kg	75.46
Cassava Flour	21.74 1kg	6kg	130.46
(Irish) Potatoes	11.75 1 Kg	4 Kg	47.00
Beans	41.75 1kg	3kg	125.24
Pounded Groundnut	39.69 1kg	1kg	39.69
Soya Pieces	47.86 1 kg	2kg	95.73
Beef	64.08 1kg	2kg	128.17
Chicken	92.00 2kg	5kg	230.00
Kapenta	197.65 1kg	1kg	197.65
Eggs	16.48 1 unit (10 eggs)	3 Trays (90 eggs)	148.28
Milk (Fresh)	13.75 500 ml	10 liters	274.93
Vegetables	417.58 40 Kg	40kg	417.58
Onion	15.39 1 Kg	4 Kg	61.56
Tomatoes	9.59 1 kg	6 kg	57.51
Banana	13.76 1 Kg	16 Kg	220.14
Other Fruits	18.37 1 kg	14 Kg	257.17
Cooking oil (2.5lts)	116.50 2.5lt	3.6lt	167.76
Salt	11.33 1 Kg	1 Kg	11.33
Tea	35.14 250g	250g	35.14
<b>Sub Total</b>			<b>ZMW 2,953.58</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	370.00 90kg bag(s)	2 90kg bag(s)	740.00
Soap (Lifebuoy/Champion)	14.10 Tablet(s)	3 Tablet(s)	42.30
Wash soap (BOOM)	16.85 400g	4 400g	67.42
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)	40.14 500ml	1 500ml	40.14
Sanitary towels	16.83 Pack of 10	2 Pack of 10	33.66
Toilet Paper (2ply)	5.83 Tissue(s)	6 Tissue(s)	34.98
Lotion (Dawn)	33.83 400ml	1 400ml	34.20

**Subtotal** **ZMW 5,584.20**

**Total for Basic Needs and Nutrition Basket** **ZMW 8,537.78**

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
		Chilenje - Town	29.94
		Chelston - town	30.00
School Uniform (Grades 8-12)	240.00	Matero - Town	29.20

### **Health**

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

Item	Amount (ZMW)	Item (Fuel pump prim, Oct 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	22.74

Diesel (per litre)

26.16

Paraffin (per litre)

16.06

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25<sup>th</sup> October 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$.510.93. based upon the exchange rate Of K16.71. 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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