JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

November 2022

(A) COST OF BASIC FOOD ITEM	MS FOR A FAMILY OF FIVE
Commodity	Price (ZMW) / Uni

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.20 25 kg ba	g 2 x 25Kg	284.40
Rice	129.23 5kg	4kg	103.39
Cassava Flour	15.11 1kg	6kg	90.67
Beans	33.20 1kg	3kg	99.61
Pounded Groundnut	33.95 1kg	1kg	33.95
Soya Pieces	36.48 1 kg	2kg	72.97
Beef	82.62 1kg	2kg	165.25
Chicken	100.00 2kg	5kg	249.99
Kapenta	212.94 1kg	1kg	212.94
Eggs	17.40 1 unit (1	0 eggs) 3 Trays (90 eggs)	156.59
Milk (Fresh)	11.40 500 ml	10 liters	227.96
Vegetables	265.34 40 Kg	40kg	265.34
Onion	19.12 1 Kg	4 Kg	76.48
Tomatoes	11.33 1 kg	6 kg	67.98
Banana	13.02 1 Kg	16 Kg	208.36
Other Fruits	32.06 1 kg	14 Kg	448.89
Cooking oil (2.5lts)	111.20 2.5lt	3.6lt	160.13
Salt	13.18 1 Kg	1 Kg	13.18
Теа	36.40 250g	250g	36.40

SubTotal ZMW 2,974.47

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW)	/ Unit	Qu	antity / Month	Total (ZMW)
Charcoal	260.00	90kg bag(s)	2	90kg bag(s)	520.00
Soap (Lifebuoy/Champion)	13.40	Tablet(s)	3	Tablet(s)	40.19
Wash soap (BOOM)	16.60	400g	4	400g	66.39
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)	32.20	500ml	1	500ml	32.20
Sanitary towels	18.40	Pack of 10	2	Pack of 10	36.80
Toilet Paper (2ply)	5.20	Tissue(s)	6	Tissue(s)	31.20
Lotion (Dawn)	26.60	400ml	1	400ml	26.60

Subtotal ZMW 2,936.13

Total for Basic Needs and Nutrition Basket ZMW 5,910.60

(C) SOME OTHER ADDITIONAL COSTS

Education Transport (bus fare round Item Amount (ZMW) Item 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 Sept,, 2022)

Item	Amount (ZMW)				
Petrol (per litre)	24.31				
Diesel (per litre)	27.38				

Paraffin (per litre) 19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingst one	Lusaka	Luanshy a	Mansa	Mazabu ka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, 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, Zaone, Mikomfwa and Shoprite markets as well as Schools, clinics/hospitals, and filling stations around Luanshya. The November Basic Needs and Nutrition Basket is approximately US\$ 343.26 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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2022-11-30

Luanshya November 2022 Basic Needs and Nutrition Basket Report

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