

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

July 2022

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

| Commodity            | Price (ZMW) / Unit     | Quantity / Month  | Total (ZMW)         |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 142.67 25 kg bag       | 2 x 25Kg          | 285.33              |
| Rice                 | 125.00 5kg             | 4kg               | 100.00              |
| Cassava Flour        | 18.00 1kg              | 6kg               | 108.00              |
| (Sweet) Potatoes     | 9.88 1 Kg              | 4 Kg              | 39.53               |
| Beans                | 35.56 1kg              | 3kg               | 106.67              |
| Pounded Groundnut    | 49.91 1kg              | 1kg               | 49.91               |
| Soya Pieces          | 51.02 1 kg             | 2kg               | 102.05              |
| Beef                 | 70.00 1kg              | 2kg               | 140.00              |
| Chicken              | 123.33 2kg             | 5kg               | 308.33              |
| Kapenta              | 155.14 1kg             | 1kg               | 155.14              |
| Eggs                 | 18.78 1 unit (10 eggs) | 3 Trays (90 eggs) | 169.00              |
| Milk (Fresh)         | 14.33 500 ml           | 10 liters         | 286.67              |
| Vegetables           | 570.51 40 Kg           | 40kg              | 570.51              |
| Onion                | 19.73 1 Kg             | 4 Kg              | 78.94               |
| Tomatoes             | 13.11 1 kg             | 6 kg              | 78.65               |
| Banana               | 16.67 1 Kg             | 16 Kg             | 266.67              |
| Other Fruits         | 23.75 1 kg             | 14 Kg             | 332.50              |
| Cooking oil (2.5lts) | 137.33 2.5lt           | 3.6lt             | 197.76              |
| Salt                 | 10.00 1 Kg             | 1 Kg              | 10.00               |
| Tea                  | 19.33 250g             | 250g              | 19.33               |
| <b>Sub Total</b>     |                        |                   | <b>ZMW 3,404.98</b> |

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

| Commodity   | Price (ZMW) / Unit | Quantity / Month | Total (ZMW)         |
|---|--------------------|------------------|---------------------|
| Charcoal  | 218.50 90kg bag(s) | 2 90kg bag(s)    | 437.00              |
| Soap (Lifebuoy/Champion)                          | 14.00 Tablet(s)    | 3 Tablet(s)      | 42.00               |
| Wash soap (BOOM)                                  | 17.00 400g         | 4 400g           | 68.00               |
| 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                                   | 26.53 Pack of 10   | 2 Pack of 10     | 53.06               |
| 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 2,882.81</b> |
| <b>Total for Basic Needs and Nutrition Basket</b> |                    |                  | <b>ZMW 6,287.79</b> |

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

| Item                         | Amount (ZMW) | Transport (bus fare round trip) | Amount (ZMW) |
|------------------------------|--------------|---------------------------------|--------------|
|                              |              |                                 |              |
|                              |              |                                 |              |
|                              |              |                                 |              |
|                              |              |                                 |              |
| School Uniform (Grades 8-12) | 580.00       |                                 |              |

### **Health**

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

| Item | Amount (ZMW) |
|------|--------------|
|------|--------------|

|                      |       |
|----------------------|-------|
| Petrol (per litre)   | 26.75 |
| Diesel (per litre)   | 28.01 |
| Paraffin (per litre) | 21.27 |

**(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 |
|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|----------|----------|---------|
| 5,324.17 | 5,417.73 | 5,948.75 | 7,129.85 | 4,867.75 | 6,906.73 | 6,294.05    | 6,287.79 | 9,332.82 | 6,157.84 | 4,549.61 | 5,486.47 | 5,843.48 | 7,290.37 | 7,950   |

This survey was conducted on 25<sup>th</sup> July, 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 Mpatamatu market, Roan market, Zaone market and Mikomfwa market and Schools, Clinics/hospitals, and filling stations around Luanshya. The July Basic Needs and Nutrition Basket is approximately US\$377.87 based on the exchange rate of K16.64 other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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