

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	122.50 25 kg bag	2 x 25Kg	245.00
Rice	123.57 5kg	4kg	98.85
Cassava Flour	18.25 1kg	6kg	109.50
Irish Potatoes	12.50 1 Kg	4 Kg	50.00
Beans	35.94 1kg	3kg	107.81
Pounded Groundnut	49.32 1kg	1kg	49.32
Soya Pieces	61.96 1 kg	2kg	123.91
Beef	73.43 1kg	2kg	146.85
Chicken	108.99 2kg	5kg	272.49
Kapenta	239.36 1kg	1kg	239.36
Eggs	16.61 1 unit (10 eggs)	3 Trays (90 eggs)	149.50
Milk (Fresh)	13.14 500 ml	10 liters	262.80
Vegetables	441.96 40 Kg	40kg	441.96
Onion	29.42 1 Kg	4 Kg	117.69
Tomatoes	12.32 1 kg	6 kg	73.94
Banana	15.09 1 Kg	16 Kg	241.38
Other Fruits	8.17 1 kg	14 Kg	114.40
Cooking oil (2.5lts)	101.89 2.5lt	3.6lt	146.73
Salt	11.49 1 Kg	1 Kg	11.49
Tea	32.33 250g	250g	32.33
<b>SubTotal</b>			<b>ZMW 3,035.31</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	540.00 90kg bag(s)	2 90kg bag(s)	1,080.00
Soap (Lifebuoy/Champion)	16.64 Tablet(s)	3 Tablet(s)	52.49
Wash soap (BOOM)	19.33 400g	4 400g	77.32
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)	47.80 500ml	1 500ml	47.80
Sanitary towels	18.71 Pack of 10	2 Pack of 10	37.42
Toilet Paper (2ply)	5.35 Tissue(s)	6 Tissue(s)	32.13
Lotion (Dawn)	28.85 400ml	1 400ml	28.85
<b>Subtotal</b>			<b>ZMW 5,947.51</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 8,982.82</b>

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
<b>Education</b>		<b>Transport (bus fare round</b>	
		Chilenje - Town	29.94
		Chelston - town	30.00
School Uniform (Grades 8-12)	240.00	Matero - Town	29.20
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Petrol (per litre)	25.89
Registration (book)	5.00	Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 27th December 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 USD 499.88 based upon the exchange rate Of K 17.97. 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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2022-12-31

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