

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	123.00 25 kg bag	2 x 25Kg	246.00
Rice	189.53 5kg	4kg	151.62
Cassava Flour	13.37 1kg	6kg	80.21
(Irish) Potatoes	31.36 1 Kg	4 Kg	125.46
Beans	48.89 1kg	3kg	125.66
Pounded Groundnut	41.63 1kg	1kg	41.63
Soya Pieces	41.85 1 kg	2kg	83.70
Beef	70.00 1kg	2kg	140.00
Chicken	129.73 2kg	5kg	324.32
Kapenta	198.83 1kg	1kg	198.83
Eggs	20.20 1 unit (10 eggs)	3 Trays (90 eggs)	181.79
Milk (Fresh)	15.20 500 ml	10 liters	303.96
Vegetables	400.99 40 Kg	40kg	400.99
Onion	20.35 1 Kg	4 Kg	81.42
Tomatoes	21.65 1 kg	6 kg	129.92
Banana	18.32 1 Kg	16 Kg	293.14
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	120.00 2.5lt	3.6lt	172.80
Salt	12.40 1 Kg	1 Kg	12.40
Tea	25.20 250g	250g	25.20
Subtotal			ZMW 3,458.87

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	205.00 90kg bag(s)	2 90kg bag(s)	410.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	16.75 400g	4 400g	67.00
Jelly (Vaseline)	38.75 500ml	1 500ml	38.75
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 3, 018.45

Total for Basic Needs and Nutrition Basket

ZMW 6,477.32

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.00	Victoria Falls-Town	20.00
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54
	Paraffin (per litre)	15.39	

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

This survey was conducted on 27th June 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\$. 363.89Based upon the exchange rate Of K17.80. Other costs Would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2022-02-28

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