

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.00 25 kg bag	2 x 25Kg	258.00
Rice	135.60 5kg	4kg	108.48
Cassava Flour	11.64 1kg	6kg	69.85
(Irish) Potatoes	12.32 1 Kg	4 Kg	49.28
Beans	37.19 1kg	3kg	111.56
Pounded Groundnut	47.76 1kg	1kg	47.76
Soya Pieces	34.91 1 kg	2kg	69.82
Beef	82.00 1kg	2kg	164.00
Chicken	122.58 2kg	5kg	306.46
Kapenta	170.57 1kg	1kg	170.57
Eggs	19.60 1 unit (10 eggs)	3 Trays (90 eggs)	176.39
Milk (Fresh)	14.80 500 ml	10 liters	295.96
Vegetables	538.87 40 Kg	40kg	538.87
Onion	39.86 1 Kg	4 Kg	159.45
Tomatoes	11.82 1 kg	6 kg	70.92
Banana	14.43 1 Kg	16 Kg	230.88
Other Fruits	32.50 1 kg	14 Kg	455.06
Cooking oil (2.5lts)	116.60 2.5lt	3.6lt	167.90
Salt	9.32 1 Kg	1 Kg	9.32
Tea	15.40 250g	250g	15.40
<b>Subtotal</b>			<b>ZMW 3,475.92</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	200.00 90kg bag(s)	2 90kg bag(s)	400.00
Soap (Lifebuoy/Champion)	15.20 Tablet(s)	3 Tablet(s)	45.59
Wash soap (BOOM)	17.80 400g	4 400g	71.19
Jelly (Vaseline)	41.60 500ml	1 500ml	41.60
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
Sanitary towels	21.80 Pack of 10	2 Pack of 10	43.60
Toilet Paper (2ply)	7.90 Tissue(s)	6 Tissue(s)	47.39
Lotion (Dawn)	36.80 400ml	1 400ml	36.80
<b>Subtotal</b>			<b>ZMW 2,868.92</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 6,344.84**

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)
School Uniform (Grades 8-12)	580.00

### **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**

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 25<sup>th</sup> January, 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 Lusaka. The January Basic Needs and Nutrition Basket is approximately US\$356.45 based on the exchange rate of K17.80. 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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