

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	112.75 25 kg bag	2 x 25Kg	225.50
Rice	127.08 5kg	4kg	101.67
(Irish) Potatoes	17.04 1 Kg	4 Kg	68.15
Beans	30.95 1kg	3kg	92.84
Pounded Groundnut	24.19 1kg	1kg	24.19
Soya Pieces	53.10 1 kg	2kg	106.19
Beef	70.13 1kg	2kg	140.25
Chicken	102.50 2kg	5kg	256.25
Kapenta	133.79 1kg	1kg	133.79
Eggs	18.75 1 unit (10 eggs)	3 Trays (90 eggs)	168.75
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	418.67 40 Kg	40kg	418.67
Onion	23.44 1 Kg	4 Kg	93.76
Tomatoes	9.95 1 kg	6 kg	59.69
Banana	15.10 1 Kg	16 Kg	241.64
Other Fruits	31.55 1 kg	14 Kg	441.65
Cooking oil (2.5lts)	125.00 2.5lt	3.6lt	180.00
Salt	13.50 1 Kg	1 Kg	13.50
Tea	25.50 250g	250g	25.50
<b>SubTotal</b>			<b>ZMW 3,111.99</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	182.50 90kg bag(s)	2 90kg bag(s)	365.00
Soap (Lifebuoy/Champion)	15.25 Tablet(s)	3 Tablet(s)	45.75
Wash soap (BOOM)	18.75 400g	4 400g	55.00
Jelly (Vaseline)	29.00 500ml	1 500ml	29.00
Electricity (medium density)	234.00 Month(s)	1 Month(s)	234.00
Water & Sanitation (med - fixed)	220.00 Month(s)	1 Month(s)	220.00
Housing (3 bedroom)	1,392.00 Month(s)	1 Month(s)	1,392.00
Sanitary towels	18.50 Pack of 10	2 Pack of 10	37.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	36.75 400ml	1 400ml	64.25
<b>Subtotal</b>			<b>ZMW 2,478.00</b>

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

**ZMW 5,589.99**

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	40.00

## **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 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\$314.04. Based upon 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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2022-02-28

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