

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	133.00 25 kg bag	2 x 25Kg	266.00
Rice	120.00 5kg	4kg	96.00
Cassava Flour	13.88 1kg	6kg	83.28
(Irish) Potatoes	14.99 1 Kg	4 Kg	59.96
Beans	39.66 1kg	3kg	118.98
Pounded Groundnut	48.00 1kg	1kg	48.00
Soya Pieces	35.66 1 kg	2kg	71.32
Beef	80.00 1kg	2kg	160.00
Chicken	124.11 2kg	5kg	310.28
Kapenta	170.00 1kg	1kg	170.00
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	186.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	539.50 40 Kg	40kg	539.50
Onion	25.00 1 Kg	4 Kg	100.00
Tomatoes	13.61 1 kg	6 kg	81.66
Banana	16.99 1 Kg	16 Kg	271.84
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	120.99 2.5lt	3.6lt	174.23
Salt	10.99 1 Kg	1 Kg	10.99
Tea	18.00 250g	250g	18.00
<b>Sub Total</b>			<b>ZMW 3,485.89</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	200.88 90kg bag(s)	2 90kg bag(s)	401.76
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	18.00 400g	4 400g	0.00
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
Sanitary towels	21.80 Pack of 10	2 Pack of 10	43.60
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	34.00 400ml	1 400ml	34.00
<b>Subtotal</b>			<b>ZMW 2,832.11</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,318.00</b>

## (C) SOME OTHER ADDITIONAL COSTS

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

### **Health**

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

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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

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\$358.97 based on the exchange rate of K17.60. 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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2022-03-31

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