

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	115.04 25 kg bag	2 x 25Kg	230.08
Rice	118.00 5kg	4kg	94.40
(Irish) Potatoes	19.08 1 Kg	4 Kg	76.32
Beans	32.00 1kg	3kg	96.00
Pounded Groundnut	25.69 1kg	1kg	25.69
Soya Pieces	53.00 1 kg	2kg	106.00
Beef	71.00 1kg	2kg	142.00
Chicken	118.67 2kg	5kg	296.68
Kapenta	140.00 1kg	1kg	140.00
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	17.00 500 ml	10 liters	340.00
Vegetables	400.00 40 Kg	40kg	400.00
Onion	21.00 1 Kg	4 Kg	84.00
Tomatoes	15.00 1 kg	6 kg	90.00
Banana	17.66 1 Kg	16 Kg	282.56
Other Fruits	27.00 1 kg	14 Kg	378.00
Cooking oil (2.5lts)	128.99 2.5lt	3.6lt	185.75
Salt	13.00 1 Kg	1 Kg	13.00
Tea	23.98 250g	250g	23.98
<b>Sub Total</b>			<b>ZMW 3,169.45</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	195.00 90kg bag(s)	2 90kg bag(s)	390.00
Soap (Lifebuoy/Champion)	15.60 Tablet(s)	3 Tablet(s)	46.80
Wash soap (BOOM)	18.75 400g	4 400g	55.00
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
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Sanitary towels	28.00 Pack of 10	2 Pack of 10	56.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00

**Subtotal** **ZMW 2,503.80**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,673.25**

## (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 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 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\$ 322.34 Based upon the exchange rate Of K17.60 Other costs Would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**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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