

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

April 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	150.00 5kg	4kg	120.00
Cassava Flour	16.11 1kg	6kg	96.66
(Irish) Potatoes	17.99 1 Kg	4 Kg	71.96
Beans	41.33 1kg	3kg	123.99
Pounded Groundnut	39.55 1kg	1kg	39.55
Soya Pieces	43.00 1 kg	2kg	86.00
Beef	70.00 1kg	2kg	140.00
Chicken	125.00 2kg	5kg	312.50
Kapenta	219.00 1kg	1kg	219.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	416.67 40 Kg	40kg	416.67
Onion	19.00 1 Kg	4 Kg	76.00
Tomatoes	20.89 1 kg	6 kg	125.34
Banana	17.88 1 Kg	16 Kg	286.08
Other Fruits	25.99 1 kg	14 Kg	363.86
Cooking oil (2.5lts)	118.00 2.5lt	3.6lt	169.92
Salt	13.00 1 Kg	1 Kg	13.00
Tea	20.00 250g	250g	20.00
<b>Sub Total</b>			<b>ZMW 3,416.49</b>

## (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)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	19.99 400g	4 400g	79.96
Electricity (medium density)	273.20 Month(s)	1 Month(s)	273.20
Water & Sanitation (med - fixed)	253.60 Month(s)	1 Month(s)	253.00
Housing (3 bedroom)	1,828.00 Month(s)	1 Month(s)	1,828.00
Jelly (Vaseline)	42.00 500ml	1 500ml	42.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
<b>Subtotal</b>			<b>ZMW 2,993.16</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,409.65</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform	251.00

### **Transport (bus fare round trip)**

Item	Amount (ZMW)
Victoria Falls-Town	20.00

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	26.50
Diesel (per litre)	26.22
Paraffin (per litre)	19.32

**(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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25th April 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 Dambwa North, Dambwa South, Town centre, Malota, Ellene Brittal, Shoprite and Schools, Clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$378.37 based upon the exchange rate of K16.94. 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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2022-04-30

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