

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	127.50 25 kg bag	2 x 25Kg	255.00
Rice	142.47 5kg	4kg	113.98
Cassava Flour	16.18 1kg	6kg	97.09
(Sweet) Potatoes	15.55 1 Kg	4 Kg	62.20
Beans	41.30 1kg	3kg	123.89
Pounded Groundnut	42.26 1kg	1kg	42.26
Soya Pieces	55.05 1 kg	2kg	110.10
Beef	67.50 1kg	2kg	135.00
Chicken	129.00 2kg	5kg	322.50
Kapenta	226.35 1kg	1kg	226.35
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	12.50 500 ml	10 liters	250.00
Vegetables	407.02 40 Kg	40kg	407.02
Onion	12.50 1 Kg	4 Kg	50.00
Tomatoes	16.29 1 kg	6 kg	97.72
Banana	17.33 1 Kg	16 Kg	277.33
Other Fruits	25.14 1 kg	14 Kg	351.91
Cooking oil (2.5lts)	116.25 2.5lt	3.6lt	167.40
Salt	12.50 1 Kg	1 Kg	12.50
Tea	16.00 250g	250g	16.00
<b>Sub Total</b>			<b>ZMW 3,298.26</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	207.00 90kg bag(s)	2 90kg bag(s)	414.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	45.00 500ml	1 500ml	45.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 3,013.20</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,311.46</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 May, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

**(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26th May 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\$367.58 based upon the exchange rate of K17.17. 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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