

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

August 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	84.17 25 kg bag	2 x 25Kg	168.33
Rice	137.50 5kg	4kg	110.00
Cassava Flour	14.79 1kg	6kg	88.76
(Sweet) Potatoes	16.81 1 Kg	4 Kg	67.25
Beans	56.52 1kg	3kg	169.55
Pounded Groundnut	46.67 1kg	1kg	46.67
Soya Pieces	61.09 1 kg	2kg	122.18
Beef	34.99 1kg	2kg	69.99
Chicken	70.00 2kg	5kg	174.99
Kapenta	186.01 1kg	1kg	186.01
Eggs	18.19 1 unit (10 eggs)	3 Trays (90 eggs)	163.75
Milk (Fresh)	7.75 500 ml	10 liters	154.99
Vegetables	371.28 40 Kg	40kg	371.28
Onion	19.65 1 Kg	4 Kg	78.58
Tomatoes	10.89 1 kg	6 kg	65.36
Banana	14.53 1 Kg	16 Kg	232.42
Other Fruits	27.27 1 kg	14 Kg	381.82
Cooking oil (2.5lts)	84.37 2.5lt	3.6lt	121.50
Salt	15.00 1 Kg	1 Kg	15.00
Tea	39.60 250g	250g	39.60
SubTotal			ZMW 2,828.01

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	147.60 90kg bag(s)	2 90kg bag(s)	295.20
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	29.50 500ml	1 500ml	29.50
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
Water & Sanitation (med - fixed)	200.00 Month(s)	1 Month(s)	200.00
Housing (3 bedroom)	1,800.00 Month(s)	1 Month(s)	1,800.00
Sanitary towels	15.60 Pack of 10	2 Pack of 10	31.20
Toilet Paper (2ply)	4.36 Tissue(s)	6 Tissue(s)	26.17
Lotion (Dawn)	27.20 250ml	1 250ml	27.20
Subtotal			ZMW 2,745.91

Total for Basic Needs and Nutrition Basket

ZMW 5,573.92

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round Item</i>	<i>Amount (ZMW)</i>
Grades 1-7 (User + PTA/year)	180.00	Victoria Falls-Town	30.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	120.00		
School Uniform (Grades 8-12)	180.00		

<i>Health Item</i>	<i>Amount (ZMW)</i>	<i>Fuel (cost at the pump) Item</i>	<i>Amount (ZMW)</i>
Consultation Fee	50.00	Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		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
7,178.22	3,925.74	4,132.91	3,997.46	5,863.97	6,744.04	5,213.87	6,170.87	4,111.28	5,511.70	6,365.25	6,429.82	5,573.92	4,709.50	4,712.75	5,261.18

Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27th August, 2020 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Town Centre Market, Dambwa Market, Maramba Market, Mbita Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The August Basic Needs Basket is approximately US\$287.654 based upon the exchange rate Of K19.3772. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-08-31

Livingstone August 2020 Basic Needs and Nutrition Basket Report

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