

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

April 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	94.83 25 kg bag	2 x 25Kg	189.66
Rice	127.08 5kg	4kg	101.66
Cassava Flour	16.95 1kg	6kg	101.69
(Sweet) Potatoes	33.79 1 Kg	4 Kg	135.18
Beans	68.43 1kg	3kg	205.29
Pounded Groundnut	74.85 1kg	1kg	74.85
Soya Pieces	62.47 1 kg	2kg	124.94
Beef	41.80 1kg	2kg	83.60
Chicken	83.33 2kg	5kg	208.33
Kapenta	257.28 1kg	1kg	257.28
Eggs	24.11 1 unit (10 eggs)	3 Trays (90 eggs)	217.00
Milk (Fresh)	13.71 500 ml	10 liters	274.16
Vegetables	548.54 40 Kg	40kg	548.54
Onion	65.28 1 Kg	4 Kg	261.12
Tomatoes	28.48 1 kg	6 kg	170.88
Banana	10.25 1 Kg	16 Kg	164.03
Other Fruits	44.01 1 kg	14 Kg	616.11
Cooking oil (2.5lts)	122.98 2.5lt	3.6lt	177.09
Salt	10.78 1 kg	1 Kg	10.78
Tea	52.08 250g	250g	52.08
<b>SubTotal</b>			<b>ZMW 3,974.27</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	138.00 90kg bag(s)	2 90kg bag(s)	276.00
Soap (Lifebuoy/Champion)	14.65 Tablet(s)	3 Tablet(s)	43.96
Wash soap (BOOM)	16.20 400g	4 400g	64.79
Jelly (Vaseline)	29.75 500ml	1 500ml	29.75
Electricity (medium density)	274.00 Month(s)	1 Month(s)	274.00
Water & Sanitation (med - fixed)	230.00 Month(s)	1 Month(s)	230.00
Housing (3 bedroom)	1,628.00 Month(s)	1 Month(s)	1,628.00
Sanitary towels	19.17 Pack of 10	2 Pack of 10	38.33
Toilet Paper (2ply)	4.61 Tissue(s)	6 Tissue(s)	27.65
Lotion (Dawn)	28.83 400ml	1 400ml	28.83
<b>Subtotal</b>			<b>ZMW 2,641.31</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 6,615.57**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	600.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	1,280.00		
Grades 10-12 (User + PTA/year)	1,700.00		
School Uniform	242.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

### 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 27<sup>th</sup> April, 2021 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 April Basic Needs Basket is approximately US\$298 based upon the exchange rate Of K22.29 Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

**<https://repository.jctr.org.zm>**

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