

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

August 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	89.99 25 kg bag	2 x 25Kg	179.98
Rice	125.83 5kg	4kg	100.66
Cassava Flour	21.25 1kg	6kg	127.49
(Sweet) Potatoes	5.60 1 Kg	4 Kg	22.41
Beans	44.65 1kg	3kg	133.96
Pounded Groundnut	43.04 1kg	1kg	43.04
Soya Pieces	31.33 1 kg	2kg	62.67
Beef	44.17 1kg	2kg	88.33
Chicken	109.35 2kg	5kg	273.38
Kapenta	201.78 1kg	1kg	201.78
Eggs	13.22 1 unit (10 eggs)	3 Trays (90 eggs)	119.00
Milk (Fresh)	8.17 500 ml	10 liters	163.30
Vegetables	261.20 40 Kg	40kg	261.20
Onion	20.04 1 Kg	4 Kg	80.14
Tomatoes	13.32 1 kg	6 kg	79.90
Banana	13.53 1 Kg	16 Kg	216.54
Other Fruits	22.27 1 kg	14 Kg	311.76
Cooking oil (2.5lts)	87.50 2.5lt	3.6lt	126.00
Salt	8.77 1 Kg	1 Kg	8.77
Tea	26.17 250g	250g	26.17
<b>SubTotal</b>			<b>ZMW 2,626.47</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	129.60 90kg bag(s)	2 90kg bag(s)	259.20
Soap (Lifebuoy/Champion)	9.92 Tablet(s)	3 Tablet(s)	29.75
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	27.67 500ml	1 500ml	27.67
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	189.80 Month(s)	1 Month(s)	189.80
Housing (3 bedroom)	1,900.00 Month(s)	1 Month(s)	1,900.00
Sanitary towels	11.92 Pack of 10	2 Pack of 10	23.83
Toilet Paper (2ply)	3.53 Tissue(s)	6 Tissue(s)	21.17
Lotion (Dawn)	27.17 250ml	1 250ml	27.17
<b>Subtotal</b>			<b>ZMW 2,885.23</b>

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

**ZMW 5,511.70**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	100.00		
Grades 8-9 (User + PTA/year)	600.00		
School Uniform (Grades 8-12)	600.00		
<u>Health</u>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	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 Mpatamatu Market, Buseko Market, Roan Market, Mikomfwa Market and Town Centre Shoprite. Additional information was obtained from ZESCO, the Kafubu Water and Sewerage Company and schools, clinics and houses around Luanshya. The August Basic Needs Basket is approximately US\$284.443 based upon the exchange rate Of K19.3772. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2020-08-31

# Luanshya August 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/1278>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*