

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

August 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	80.50 25 kg bag	2 x 25Kg	161.00
Rice	124.99 5kg	4kg	99.99
Cassava Flour	16.70 1kg	6kg	100.19
(Sweet) Potatoes	9.93 1 Kg	4 Kg	39.73
Beans	34.95 1kg	3kg	104.84
Pounded Groundnut	80.20 1kg	1kg	80.20
Soya Pieces	52.46 1 kg	2kg	104.91
Beef	47.57 1kg	2kg	95.14
Chicken	72.88 2kg	5kg	182.19
Kapenta	301.21 1kg	1kg	301.21
Eggs	13.43 1 unit (10 eggs)	3 Trays (90 eggs)	120.85
Milk (Fresh)	8.71 500 ml	10 liters	174.26
Vegetables	493.39 40 Kg	40kg	493.39
Onion	12.85 1 Kg	4 Kg	51.42
Tomatoes	10.36 1 kg	6 kg	62.19
Banana	8.89 1 Kg	16 Kg	142.17
Other Fruits	17.45 1 kg	14 Kg	244.33
Cooking oil (2.5lts)	78.86 2.5lt	3.6lt	113.55
Salt	7.28 1 kg	1 Kg	7.28
Tea	29.66 250g	250g	29.66
<b>SubTotal</b>			<b>ZMW 2,708.52</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	136.00 90kg bag(s)	2 90kg bag(s)	272.00
Soap (Lifebuoy/Champion)	10.07 Tablet(s)	3 Tablet(s)	30.21
Wash soap (BOOM)	13.78 400g	4 400g	55.14
Jelly (Vaseline)	31.17 500ml	1 500ml	31.17
Electricity (medium density)	500.00 Month(s)	1 Month(s)	500.00
Water & Sanitation (med - fixed)	197.00 Month(s)	1 Month(s)	197.00
Housing (3 bedroom)	3,300.00 Month(s)	1 Month(s)	3,300.00
Sanitary towels	16.86 Pack of 10	2 Pack of 10	33.71
Toilet Paper (2ply)	8.00 Tissue(s)	6 Tissue(s)	33.71
Lotion (Dawn)	16.77 250ml	1 250ml	16.77
<b>Subtotal</b>			<b>ZMW 4,469.70</b>

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

**ZMW 7,178.22**

## (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)	310.00	Chilenje - Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Chelston - town	23.00
Grades 10-12 (User + PTA/year)	600.00	Matero - Town	20.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Malaria test	20.00	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 prices gathered from retail outlets at North mead, Shoprite (Cairo Road), City Market, Chawama, Chanda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The August Basic Needs Basket is approximately US\$370.447 based upon the exchange rate Of K19.3772. Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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