

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

April 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.67 25 kg bag	2 x 25Kg	203.33
Rice	111.20 5kg	4kg	88.96
Cassava Flour	13.35 1kg	6kg	80.12
(Sweet) Potatoes	20.47 1 Kg	4 Kg	81.90
Beans	40.48 1kg	3kg	121.43
Pounded Groundnut	45.53 1kg	1kg	45.53
Soya Pieces	69.12 1 kg	2kg	138.25
Beef	72.86 1kg	2kg	145.71
Chicken	98.00 2kg	5kg	244.99
Kapenta	250.90 1kg	1kg	250.90
Eggs	17.00 1 unit (10 eggs)	3 Trays (90 eggs)	153.00
Milk (Fresh)	14.07 500 ml	10 liters	281.40
Vegetables	552.43 40 Kg	40kg	552.43
Onion	23.29 1 Kg	4 Kg	93.18
Tomatoes	10.70 1 kg	6 kg	64.23
Banana	17.72 1 Kg	16 Kg	283.49
Other Fruits	35.99 1 kg	14 Kg	503.89
Cooking oil (2.5lts)	117.50 2.5lt	3.6lt	169.20
Salt	9.28 1 Kg	1 Kg	9.28
Tea	46.43 250g	250g	46.43
SubTotal			ZMW 3,557.63

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	342.40 90kg bag(s)	2 90kg bag(s)	684.80
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	16.21 400g	4 400g	64.85
Jelly (Vaseline)	72.20 500ml	1 500ml	72.20
Electricity (medium density)	537.50 Month(s)	1 Month(s)	537.50
Water & Sanitation (med - fixed)	187.50 Month(s)	1 Month(s)	187.50
Housing (3 bedroom)	3,490.00 Month(s)	1 Month(s)	3,490.00
Sanitary towels	19.86 Pack of 10	2 Pack of 10	39.71
Toilet Paper (2ply)	6.28 Tissue(s)	6 Tissue(s)	37.71
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 5,186.26

Total for Basic Needs and Nutrition Basket

ZMW 8,743.89

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	22.00
School Uniform (Grades 8-12)	200.00	Matero - Town	10.00
Health		Fuel (cost at the pump)	
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 27th April, 2021 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs Basket is approximately US\$392 based upon the exchange rate Of K22.29. Other costs would include personal care, clothing, recreation, etc.

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Reports

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2021-04-30

Lusaka April 2021 Basic Needs and Nutrition Basket Report

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