

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

April 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.00 25 kg bag	2 x 25Kg	258.00
Rice	115.83 5kg	4kg	92.66
Cassava Flour	14.71 1kg	6kg	88.24
(Sweet) Potatoes	16.78 1 Kg	4 Kg	67.13
Beans	33.97 1kg	3kg	101.91
Pounded Groundnut	47.19 1kg	1kg	47.19
Soya Pieces	54.56 1 kg	2kg	109.13
Beef	31.40 1kg	2kg	62.80
Chicken	71.49 2kg	5kg	178.71
Kapenta	178.08 1kg	1kg	178.08
Eggs	13.72 1 unit (10 eggs)	3 Trays (90 eggs)	123.50
Milk (Fresh)	8.33 500 ml	10 liters	166.66
Vegetables	404.01 40 Kg	40kg	404.01
Onion	21.60 1 Kg	4 Kg	86.40
Tomatoes	11.65 1 kg	6 kg	69.92
Banana	14.44 1 Kg	16 Kg	231.11
Other Fruits	22.06 1 kg	14 Kg	308.80
Cooking oil (2.5lts)	89.25 2.5lt	3.6lt	128.52
Salt	9.80 1 kg	1 Kg	9.80
Tea	57.99 250g	250g	57.99
<b>SubTotal</b>			<b>ZMW 2,770.54</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	109.60 90kg bag(s)	2 90kg bag(s)	219.20
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	29.99 500ml	1 500ml	29.99
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)	1,750.00 Month(s)	1 Month(s)	1,750.00
Sanitary towels	21.00 Pack of 10	2 Pack of 10	42.00
Toilet Paper (2ply)	6.12 Tissue(s)	6 Tissue(s)	36.72
Lotion (Dawn)	19.25 250ml	1 250ml	19.25
<b>Subtotal</b>			<b>ZMW 2,633.81</b>

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

**ZMW 5,404.36**

## (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)	180.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	120.00		
School Uniform (Grades 8-12)	180.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	15.00	Petrol (per litre)	17.62
Consultation 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
7,158.67	3,860.28	4,307.92	4,226.03	5,896.79	7,428.38	5,389.04	4,441.86	3,890.14	5,280.69	5,361.73	6,048.36	5,404.36	5,240.95	6,639.90	5,060.29

### 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, 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, Mbata Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The April Basic Needs Basket is approximately US\$289 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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2020-04-30

# Kitwe April 2020 Basic Needs and Nutrition Basket Report

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