

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

April 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)			
Mealie Meal (Roller)	140.50 25 kg bag	2 x 25Kg	280.99
Rice	109.16 5kg	4kg	87.33
Cassava Flour	8.58 1kg	6kg	51.46
(Sweet) Potatoes	15.48 1 Kg	4 Kg	61.90
Beans	33.68 1kg	3kg	101.04
Pounded Groundnut	43.54 1kg	1kg	43.54
Soya Pieces	26.80 1 kg	2kg	53.60
Beef	45.83 1kg	2kg	91.66
Chicken	69.34 2kg	5kg	173.36
Kapenta	190.15 1kg	1kg	190.15
Eggs	12.00 1 unit (10 eggs)	3 Trays (90 eggs)	108.00
Milk (Fresh)	7.55 500 ml	10 liters	150.97
Vegetables	393.95 40 Kg	40kg	393.95
Onion	25.90 1 Kg	4 Kg	103.60
Tomatoes	10.11 1 kg	6 kg	60.64
Banana	14.55 1 Kg	16 Kg	232.83
Other Fruits	19.14 1 kg	14 Kg	267.92
Cooking oil (2.5lts)	87.50 2.5lt	3.6lt	126.00
Salt	8.48 1 Kg	1 Kg	8.48
Tea	14.50 250g	250g	14.50
<b>SubTotal</b>			<b>ZMW 2,601.91</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	10.60 Tablet(s)	3 Tablet(s)	31.79
Wash soap (BOOM)	14.50 400g	4 400g	58.00
Jelly (Vaseline)	28.67 500ml	1 500ml	28.67
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	209.00 Month(s)	1 Month(s)	209.00
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	14.67 Pack of 10	2 Pack of 10	29.33
Toilet Paper (2ply)	7.75 Tissue(s)	3 Tissue(s)	32.00
Lotion (Dawn)	26.00 250ml	1 250ml	26.00
Lotion (Dawn)	26.00 250g	1 250g	26.00
<b>Subtotal</b>			<b>ZMW 2,678.78</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,280.69</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	80.00		
Grades 8-9 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	300.00		
School Uniform (Grades 8-12)	400.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
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
Malaria test	15.00	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
7,158.67	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 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 April Basic Needs Basket is approximately US\$283 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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