

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

April 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.25 25 kg bag	2 x 25Kg	250.50
Rice	96.93 5kg	4kg	77.54
Cassava Flour	10.07 1kg	6kg	60.42
(Sweet) Potatoes	7.59 1 Kg	4 Kg	30.36
Beans	34.68 1kg	3kg	104.03
Pounded Groundnut	43.95 1kg	1kg	43.95
Soya Pieces	48.11 1 kg	2kg	96.21
Beef	38.50 1kg	2kg	76.99
Chicken	63.20 2kg	5kg	157.99
Kapenta	221.00 1kg	1kg	221.00
Eggs	11.48 1 unit (10 eggs)	3 Trays (90 eggs)	103.28
Milk (Fresh)	8.11 500 ml	10 liters	162.26
Vegetables	354.83 40 Kg	40kg	354.83
Onion	20.03 1 Kg	4 Kg	80.14
Tomatoes	10.96 1 kg	6 kg	65.76
Banana	9.61 1 Kg	16 Kg	153.77
Other Fruits	30.44 1 kg	14 Kg	426.16
Cooking oil (2.5lts)	78.21 2.5lt	3.6lt	112.62
Salt	8.43 1 Kg	1 Kg	8.43
Tea	26.42 250g	250g	26.42
SubTotal			ZMW 2,612.66

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	179.20 90kg bag(s)	2 90kg bag(s)	358.40
Soap (Lifebuoy/Champion)	9.21 Tablet(s)	3 Tablet(s)	27.64
Wash soap (BOOM)	13.86 400g	4 400g	55.42
Jelly (Vaseline)	26.92 500ml	1 500ml	26.92
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	14.78 Pack of 10	2 Pack of 10	29.57
Toilet Paper (2ply)	4.78 Tissue(s)	6 Tissue(s)	28.71
Lotion (Dawn)	22.36 250ml	1 250ml	22.36
Subtotal			ZMW 4,546.01

Total for Basic Needs and Nutrition Basket

ZMW 7,158.67

(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	23.00
School Uniform (Grades 1-7)	310.00	Matero - Town	20.00
Health		Fuel (cost at the pump)	
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
Mosquito net (private)	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
7,158.67	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 prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs Basket is approximately US\$383 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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2020-04-30

Lusaka April 2020 Basic Needs and Nutrition Basket Report

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