

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	124.17 25 kg bag	2 x 25Kg	248.33
Rice	208.51 5kg	4kg	166.81
Cassava Flour	16.82 1kg	6kg	100.90
Irish Potatoes	16.72 1 Kg	4 Kg	66.87
Beans	30.73 1kg	3kg	92.19
Pounded Groundnut	67.04 1kg	1kg	67.04
Soya Pieces	66.61 1 kg	2kg	133.22
Beef	64.28 1kg	2kg	128.57
Chicken	96.33 2kg	5kg	240.83
Kapenta	325.90 1kg	1kg	325.90
Eggs	20.13 1 unit (10 eggs)	3 Trays (90 eggs)	181.18
Milk (Fresh)	15.17 500 ml	10 liters	303.30
Vegetables	430.18 40 Kg	40kg	430.18
Onion	23.74 1 Kg	4 Kg	94.96
Tomatoes	24.06 1 kg	6 kg	144.39
Banana	18.51 1 Kg	16 Kg	296.15
Other Fruits	40.02 1 kg	14 Kg	560.27
Cooking oil (2.5lts)	95.53 2.5lt	3.6lt	137.57
Salt	9.50 1 Kg	1 Kg	9.50
Tea	46.71 250g	250g	46.71
SubTotal			ZMW 3,774.88

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.75 Tablet(s)	3 Tablet(s)	47.24
Wash soap (BOOM)	18.58 400g	4 400g	74.33
Electricity (medium density)	273.20 Month(s)	1 Month(s)	273.20
Water & Sanitation (med - fixed)	253.60 Month(s)	1 Month(s)	253.00
Housing (3 bedroom)	1,828.00 Month(s)	1 Month(s)	1,828.00
Jelly (Vaseline)	33.60 250ml	1 250ml	33.60
Sanitary towels	18.50 Pack of 10	2 Pack of 10	37.00
Toilet Paper (2ply)	10.00 Tissue(s)	6 Tissue(s)	60.00
Lotion (Dawn)	30.50 400ml	1 400ml	30.50
Subtotal			ZMW 2,996.87
Total for Basic Needs and Nutrition Basket			ZMW 6,771.75

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.	Victoria Falls-Town	20.00
		Petrol (per litre)	21.54
		Diesel (per litre)	23.12
		Paraffin (per litre)	16.71
Item	Amount (ZMW)	<i>Item (Fuel pump prim, Jan 2023)</i>	Amount (ZMW)
Registration (book)		Petrol (per litre)	24.49
		Diesel (per litre)	26.44
		Paraffin (per litre)	19.98

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 27th January, 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 Town Centre, Malota, Maramba, Dambwa Central, Dambwa North, Ellene Brittal and Shoprite as well as Schools, clinics/hospitals, and filling stations around Livingstone. The Basic Needs and Nutrition Basket is approximately US\$199.20 based on the exchange rate of K 18.95. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2023-01-31

Livingstone January 2023 Basic Needs and Nutrition Basket Report

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