

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	163.80 25 kg bag	2 x 25Kg	327.60
Rice	132.73 5kg	4kg	106.19
Cassava Flour	14.04 1kg	6kg	84.25
Irish Potatoes	29.99 1 Kg	4 Kg	119.96
Beans	30.61 1kg	3kg	91.84
Pounded Groundnut	58.20 1kg	1kg	58.20
Soya Pieces	39.69 1 kg	2kg	79.39
Beef	68.30 1kg	2kg	136.60
Chicken	119.60 2kg	5kg	298.99
Kapenta	294.60 1kg	1kg	294.60
Eggs	18.27 1 unit (10 eggs)	3 Trays (90 eggs)	164.39
Milk (Fresh)	11.00 500 ml	10 liters	219.96
Vegetables	325.44 40 Kg	40kg	325.44
Onion	19.83 1 Kg	4 Kg	79.32
Tomatoes	8.35 1 kg	6 kg	50.13
Banana	16.85 1 Kg	16 Kg	269.59
Other Fruits	4.03 1 kg	14 Kg	56.42
Cooking oil (2.5lts)	110.00 2.5lt	3.6lt	158.40
Salt	12.40 1 Kg	1 Kg	12.40
Tea	36.40 250g	250g	36.40
SubTotal			ZMW 2,970.07

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	333.00 90kg bag(s)	2 90kg bag(s)	666.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	18.99 400g	4 400g	75.96
Electricity (medium density)	370.75 Month(s)	1 Month(s)	320.75
Water & Sanitation (med - fixed)	275.00 Month(s)	1 Month(s)	275.00
Housing (3 bedroom)	1,587.00 Month(s)	1 Month(s)	1,587.00
Jelly (Vaseline)	20.20 500ml	1 500ml	20.20
Sanitary towels	15.24 Pack of 10	2 Pack of 10	30.48
Toilet Paper (2ply)	3.30 Tissue(s)	6 Tissue(s)	19.79
Lotion (Dawn)	30.60 400ml	1 400ml	30.60
Subtotal			ZMW 3074.77

Total for Basic Needs and Nutrition Basket

ZMW 5937.84

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Kalala-town	20.00
		Mpatamutu-town	40.00
		Newtown-Town	20.00
School Uniform (Grades 8-12)	580.00		

Health

Fuel (cost at the pump)

Item	Amount (ZMW)	Item (Fuel pump price, Jan 2023)	Amount (ZMW)
Registration (book)	5.00	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 Mpatamatu, Roan, Zaone, Mikomfwa and Shoprite markets as well as Schools, clinics/hospitals, and filling stations around Luanshya. The Basic Needs Basket is approximately US\$313.34 based upon the exchange rate Of K18.95. Other costs would include personal care, clothing, recreation, etc.

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2022-01-31

Luanshya January 2023 Basic Needs and Nutrition Basket Report

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