

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

January 2023

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 148.14 25 kg bag | 2 x 25Kg | 296.28 |
| Rice | 122.07 5kg | 4kg | 97.65 |
| Cassava Flour | 10.84 1kg | 6kg | 65.04 |
| Irish Potatoes | 14.84 1 Kg | 4 Kg | 59.37 |
| Beans | 33.02 1kg | 3kg | 99.07 |
| Pounded Groundnut | 54.02 1kg | 1kg | 54.02 |
| Soya Pieces | 59.67 1 kg | 2kg | 119.34 |
| Beef | 75.14 1kg | 2kg | 150.28 |
| Chicken | 125.58 2kg | 5kg | 313.95 |
| Kapenta | 267.99 1kg | 1kg | 267.99 |
| Eggs | 18.33 1 unit (10 eggs) | 3 Trays (90 eggs) | 164.99 |
| Milk (Fresh) | 13.14 500 ml | 10 liters | 262.80 |
| Vegetables | 480.02 40 Kg | 40kg | 480.02 |
| Onion | 19.98 1 Kg | 4 Kg | 79.91 |
| Tomatoes | 11.79 1 kg | 6 kg | 70.75 |
| Banana | 14.18 1 Kg | 16 Kg | 226.90 |
| Other Fruits | 7.77 1 kg | 14 Kg | 108.75 |
| Cooking oil (2.5lts) | 107.43 2.5lt | 3.6lt | 154.70 |
| Salt | 12.06 1 Kg | 1 Kg | 12.06 |
| Tea | 29.82 250g | 250g | 29.82 |
| SubTotal | | | ZMW 3,113.68 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price(ZMW) / Unit | Quantity / Month | Total (ZMW) |
|---|--------------------|------------------|---------------------|
| Charcoal | 545.00 90kg bag(s) | 2 90kg bag(s) | 1,090.00 |
| Soap (Lifebuoy/Champion) | 13.85 Tablet(s) | 3 Tablet(s) | 44.13 |
| Wash soap (BOOM) | 18.85 400g | 4 400g | 75.41 |
| Electricity (medium density) | 569.00 Month(s) | 1 Month(s) | 569.00 |
| Water & Sanitation (med - fixed) | 202.50 Month(s) | 1 Month(s) | 202.50 |
| Housing (3 bedroom) | 3,820.00 Month(s) | 1 Month(s) | 3,820.00 |
| Jelly (Vaseline) | 41.00 250ml | 1 250ml | 41.00 |
| Sanitary towels | 16.60 Pack of 10 | 2 Pack of 10 | 33.19 |
| Toilet Paper (2ply) | 5.42 Tissue(s) | 6 Tissue(s) | 32.55 |
| Lotion (Dawn) | 25.85 400ml | 1 400ml | 25.85 |
| Subtotal | | | ZMW 5,933.63 |
| Total for Basic Needs and Nutrition Basket | | | ZMW 9,047.31 |

(C) SOME OTHER ADDITIONAL COSTS

| Education | Amount (ZMW) | Transport (bus fare round) | Amount (ZMW) |
|------------------------------|--------------|----------------------------|--------------|
| School Uniform (Grades 8-12) | 240.00 | Chilenje - Town | 29.94 |
| | | Chelston - town | 30.00 |
| | | Matero - Town | 29.20 |

Health

| 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 25th 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chinda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The Basic Needs Basket is approximately US\$477.43.. based upon the exchange rate Of K18.95. 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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Reports

Advocacy on Living Conditions

2023-01-31

Lusaka January 2023 Basic Needs and Nutrition Basket Report

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