

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	146.83 25 kg bag	2 x 25Kg	293.66
Rice	152.25 5kg	4kg	121.80
Cassava Flour	21.90 1kg	6kg	131.38
Irish Potatoes	15.00 1 Kg	4 Kg	60.00
Beans	36.95 1kg	3kg	110.84
Pounded Groundnut	56.37 1kg	1kg	56.37
Soya Pieces	56.87 1 kg	2kg	113.73
Beef	90.57 1kg	2kg	181.14
Chicken	92.10 2kg	5kg	230.24
Kapenta	356.67 1kg	1kg	356.67
Eggs	19.22 1 unit (10 eggs)	3 Trays (90 eggs)	172.99
Milk (Fresh)	11.57 500 ml	10 liters	231.34
Vegetables	483.57 40 Kg	40kg	483.57
Onion	19.91 1 Kg	4 Kg	79.63
Tomatoes	15.05 1 kg	6 kg	90.30
Banana	19.82 1 Kg	16 Kg	317.16
Other Fruits	30.68 1 kg	14 Kg	429.57
Cooking oil (2.5lts)	110.28 2.5lt	3.6lt	158.81
Salt	13.85 1 Kg	1 Kg	13.85
Tea	34.42 250g	250g	34.42
<b>SubTotal</b>			<b>ZMW 3,667.46</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	388.33 90kg bag(s)	2 90kg bag(s)	776.67
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	38.99
Wash soap (BOOM)	19.71 400g	4 400g	78.84
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)	36.85 250ml	1 250ml	36.85
Sanitary towels	12.96 Pack of 10	2 Pack of 10	25.91
Toilet Paper (2ply)	4.71 Tissue(s)	6 Tissue(s)	28.27
Lotion (Dawn)	33.57 400ml	1 400ml	33.57
<b>Subtotal</b>			<b>ZMW 5,610.60</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 9,278.06</b>

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item (Fuel pump price, Feb, 2023)	Amount (ZMW)
<b>Education</b>		<b>Transport (bus fare round)</b>	
School Uniform (Grades 8-12)	240.00	Chilenje - Town	29.94
		Chelston - town	30.00
		Matero - Town	29.20
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Registration (book)	5.00	Petrol (per litre)	27.22
		Diesel (per litre)	29.25
		Paraffin (per litre)	22.29

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6558.18	6,269.85	7,761.83	8038.24

This survey was conducted on 25<sup>th</sup> February 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 North mead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The Basic Needs Basket is approximately US\$ 469.48 based upon the exchange rate Of K 19.76 Other costs would include personal care, clothing, recreation, etc.

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