

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	134.20 25 kg bag	2 x 25Kg	268.40
Rice	211.87 5kg	4kg	169.49
Cassava Flour	15.38 1kg	6kg	92.31
Irish Potatoes	20.77 1 Kg	4 Kg	83.06
Beans	36.71 1kg	3kg	110.14
Pounded Groundnut	37.67 1kg	1kg	37.67
Soya Pieces	51.60 1 kg	2kg	103.19
Beef	76.64 1kg	2kg	153.28
Chicken	98.00 2kg	5kg	244.99
Kapenta	97.02 1kg	1kg	97.02
Eggs	18.73 1 unit (10 eggs)	3 Trays (90 eggs)	168.59
Milk (Fresh)	11.20 500 ml	10 liters	223.96
Vegetables	316.23 40 Kg	40kg	316.23
Onion	20.61 1 Kg	4 Kg	82.44
Tomatoes	12.07 1 kg	6 kg	72.44
Banana	12.21 1 Kg	16 Kg	195.39
Other Fruits	4.36 1 kg	14 Kg	61.06
Cooking oil (2.5lts)	110.00 2.5lt	3.6lt	158.40
Salt	15.52 1 Kg	1 Kg	15.52
Tea	32.80 250g	250g	32.80
<b>SubTotal</b>			<b>ZMW 2,686.39</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	342.00 90kg bag(s)	2 90kg bag(s)	684.00
Soap (Lifebuoy/Champion)	14.80 Tablet(s)	3 Tablet(s)	44.39
Wash soap (BOOM)	18.60 400g	4 400g	74.39
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)	23.00 500ml	1 500ml	23.00
Sanitary towels	14.44 Pack of 10	2 Pack of 10	28.88
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	26.99
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 3,094.40</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,780.79</b>

## (C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Kalala-town	24.00
		Mpatamutu-town	44.00
		Newtown-Town	24.00

School Uniform (Grades 8-12) 580.00

## Health Fuel (cost at the pump)

Item	Amount (ZMW)	Item (Fuel pump price, Feb 2023)	Amount (ZMW)
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 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\$ 292.55 based upon the exchange rate Of K 19.76. Other costs would include personal care, clothing, recreation, etc.

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2023-02-28

# Luanshya February 2023 Basic Needs and Nutrition Basket Report

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