

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	137.83 25 kg bag	2 x 25Kg	275.66
Rice	208.07 5kg	4kg	166.45
Cassava Flour	16.82 1kg	6kg	100.90
Irish Potatoes	16.56 1 Kg	4 Kg	66.23
Beans	30.73 1kg	3kg	92.19
Pounded Groundnut	66.53 1kg	1kg	66.53
Soya Pieces	66.61 1 kg	2kg	133.22
Beef	65.57 1kg	2kg	131.14
Chicken	96.33 2kg	5kg	240.83
Kapenta	216.01 1kg	1kg	216.01
Eggs	20.13 1 unit (10 eggs)	3 Trays (90 eggs)	181.18
Milk (Fresh)	15.50 500 ml	10 liters	309.97
Vegetables	460.70 40 Kg	40kg	460.70
Onion	23.96 1 Kg	4 Kg	95.85
Tomatoes	23.94 1 kg	6 kg	143.62
Banana	20.87 1 Kg	16 Kg	333.92
Other Fruits	37.89 1 kg	14 Kg	530.51
Cooking oil (2.5lts)	97.07 2.5lt	3.6lt	139.78
Salt	9.50 1 Kg	1 Kg	9.50
Tea	46.71 250g	250g	46.71
SubTotal			ZMW 3,740.91

(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)	15.85 Tablet(s)	3 Tablet(s)	47.54
Wash soap (BOOM)	18.32 400g	4 400g	73.27
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)	30.75 400ml	1 400ml	30.75
Subtotal			ZMW 2,996.35
Total for Basic Needs and Nutrition Basket			ZMW 6,737.26

Education

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)	Item (Fuel pump prim, Feb 2023)	Amount (ZMW)
Registration (book)		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 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 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\$ 340.95 based on the exchange rate of K 19.76 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2023-02-28

Livingstone February 2023 Basic Needs and Nutrition Basket Report

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