

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	91.00 25 kg bag	2 x 25Kg	182.00
Rice	236.54 5kg	4kg	189.23
(Sweet) Potatoes	14.83 1 Kg	4 Kg	59.31
Beans	44.37 1kg	3kg	133.10
Pounded Groundnut	65.87 1kg	1kg	65.87
Soya Pieces	59.26 1 kg	2kg	118.52
Beef	66.25 1kg	2kg	132.50
Chicken	105.91 2kg	5kg	264.78
Kapenta	252.97 1kg	1kg	252.97
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	182.99
Milk (Fresh)	13.50 500 ml	10 liters	269.95
Vegetables	339.09 40 Kg	40kg	339.09
Onion	17.26 1 Kg	4 Kg	69.05
Tomatoes	12.23 1 kg	6 kg	73.39
Other Fruits	5.52 1 kg	14 Kg	77.27
Cooking oil (2.5lts)	96.87 2.5lt	3.6lt	139.49
Salt	14.00 1 Kg	1 Kg	14.00
Tea	58.50 250g	250g	58.50
<b>SubTotal</b>			<b>ZMW 2,622.00</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	114.00 90kg bag(s)	2 90kg bag(s)	228.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	16.00 400g	4 400g	63.99
Jelly (Vaseline)	38.75 500ml	1 500ml	38.75
Electricity (medium density)	247.00 Month(s)	1 Month(s)	247.00
Water & Sanitation (med - fixed)	230.00 Month(s)	1 Month(s)	230.00
Housing (3 bedroom)	1,628.00 Month(s)	1 Month(s)	1,628.00
Sanitary towels	18.87 Pack of 10	2 Pack of 10	37.75
Toilet Paper (2ply)	9.20 Tissue(s)	6 Tissue(s)	55.19
Lotion (Dawn)	29.50 400ml	1 400ml	29.50
<b>Subtotal</b>			<b>ZMW 2,600.17</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,222.17</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	600.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	1,280.00		
School Uniform (Grades 8-12)	1,700.00		
School Uniform	242.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,650.11	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

**Compositions of vegetables and fruits**

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27<sup>th</sup> November, 2021 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Chamboli Market, Nakadoli Market, Chimwemwe Market, Chisokone Market and Town Centre Shoprite. The November Basic Needs Basket is approximately US\$291.56 based upon the exchange rate Of K17.78 Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

---

Reports

Advocacy on Living Conditions

---

2021-11-30

# Livingstone November 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/644>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*