

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	93.40 25 kg bag	2 x 25Kg	186.80
Rice	128.46 5kg	4kg	102.77
Cassava Flour	11.20 1kg	6kg	67.19
(Sweet) Potatoes	11.40 1 Kg	4 Kg	45.60
Beans	36.93 1kg	3kg	110.79
Pounded Groundnut	63.34 1kg	1kg	63.34
Soya Pieces	38.10 1 kg	2kg	76.21
Beef	78.40 1kg	2kg	156.80
Chicken	170.54 2kg	5kg	426.35
Kapenta	178.22 1kg	1kg	178.22
Eggs	17.67 1 unit (10 eggs)	3 Trays (90 eggs)	158.99
Milk (Fresh)	17.00 500 ml	10 liters	339.96
Vegetables	392.70 40 Kg	40kg	392.70
Onion	16.57 1 Kg	4 Kg	66.30
Tomatoes	10.87 1 kg	6 kg	65.19
Banana	17.07 1 Kg	16 Kg	273.04
Other Fruits	28.81 1 kg	14 Kg	403.40
Cooking oil (2.5lts)	98.80 2.5lt	3.6lt	142.27
Salt	11.83 1 Kg	1 Kg	11.83
Tea	40.00 250g	250g	40.00
SubTotal			ZMW 3,307.74

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	245.25 90kg bag(s)	2 90kg bag(s)	490.50
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	41.99
Wash soap (BOOM)	16.60 400g	4 400g	66.39
Jelly (Vaseline)	42.00 500ml	1 500ml	42.00
Electricity (medium density)	320.00 Month(s)	1 Month(s)	320.00
Water & Sanitation (med - fixed)	224.00 Month(s)	1 Month(s)	224.00
Housing (3 bedroom)	1,260.00 Month(s)	1 Month(s)	1,260.00
Sanitary towels	24.80 Pack of 10	2 Pack of 10	49.60
Toilet Paper (2ply)	5.20 Tissue(s)	6 Tissue(s)	31.19
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 2,555.67
Total for Basic Needs and Nutrition Basket			ZMW 5,863.41

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00
Grades 8-9 (User + PTA/year)	600.00
Grades 10-12 (User + PTA/year)	600.00
School Uniform (Grades 1-7)	425.00
School Uniform (Grades 8-12)	545.00

Transport (bus fare round)

Health

Fuel (cost at the pump)

(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	6,617.94	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 27th 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 Mpatamatu Market, Buseko Market, Roan Market, Mikomfwa Market and Town Centre Shoprite. Additional information was obtained from ZESCO, the Kafubu Water and Sewerage Company and schools, clinics and houses around Luanshya. The November Basic Needs Basket is approximately US\$329.78 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

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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2021-11-30

Luanshya November 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/645>

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