

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	91.14 25 kg bag	2 x 25Kg	182.29
Rice	108.75 5kg	4kg	87.00
Cassava Flour	17.79 1kg	6kg	106.71
(Sweet) Potatoes	10.10 1 Kg	4 Kg	40.40
Beans	37.96 1kg	3kg	113.87
Pounded Groundnut	48.65 1kg	1kg	48.65
Soya Pieces	63.23 1 kg	2kg	126.46
Beef	75.43 1kg	2kg	150.85
Chicken	114.14 2kg	5kg	285.35
Kapenta	233.87 1kg	1kg	233.87
Eggs	16.05 1 unit (10 eggs)	3 Trays (90 eggs)	144.42
Milk (Fresh)	14.86 500 ml	10 liters	297.11
Vegetables	423.79 40 Kg	40kg	423.79
Onion	14.02 1 Kg	4 Kg	56.09
Tomatoes	12.50 1 kg	6 kg	75.02
Banana	13.11 1 Kg	16 Kg	209.84
Other Fruits	7.84 1 kg	14 Kg	109.75
Cooking oil (2.5lts)	102.43 2.5lt	3.6lt	147.50
Salt	11.00 1 Kg	1 Kg	11.00
Tea	55.28 250g	250g	55.28
SubTotal			ZMW 2,905.24

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	378.00 90kg bag(s)	2 90kg bag(s)	756.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	17.71 400g	4 400g	70.85
Jelly (Vaseline)	37.07 250ml	1 250ml	37.07
Electricity (medium density)	537.50 Month(s)	1 Month(s)	537.50
Water & Sanitation (med - fixed)	187.50 Month(s)	1 Month(s)	187.50
Housing (3 bedroom)	3,490.00 Month(s)	1 Month(s)	3,490.00
Sanitary towels	23.86 Pack of 10	2 Pack of 10	47.71
Toilet Paper (2ply)	6.86 Tissue(s)	6 Tissue(s)	41.13
Lotion (Dawn)	30.28 400ml	1 400ml	30.28
Subtotal			ZMW 5,240.04
Total for Basic Needs and Nutrition Basket			ZMW 8,145.28

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Petrol (per litre)	17.62
Grades 10-12 (User + PTA/year)	600.00	Diesel (per litre)	15.59
School Uniform (Grades 8-12)	200.00	Paraffin (per litre)	15.39
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	5.00	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	6,617.94	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 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The November Basic Needs Basket is approximately US\$ 458.11 based upon the exchange rate Of K17.78. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2021-11-30

Lusaka November 2021 Basic Needs and Nutrition Basket Report

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