

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	106.67 25 kg bag	2 x 25Kg	213.33
Rice	151.26 5kg	4kg	121.01
Cassava Flour	11.40 1kg	6kg	68.42
Beans	31.20 1kg	3kg	93.59
Pounded Groundnut	63.71 1kg	1kg	63.71
Soya Pieces	32.74 1 kg	2kg	65.47
Beef	73.75 1kg	2kg	147.50
Chicken	144.00 2kg	5kg	360.00
Kapenta	155.79 1kg	1kg	155.79
Eggs	19.75 1 unit (10 eggs)	3 Trays (90 eggs)	177.75
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	577.61 40 Kg	40kg	577.61
Onion	25.95 1 Kg	4 Kg	103.81
Tomatoes	8.09 1 kg	6 kg	48.54
Banana	18.67 1 Kg	16 Kg	298.66
Other Fruits	7.35 1 kg	14 Kg	102.87
Cooking oil (2.5lts)	98.75 2.5lt	3.6lt	142.20
Salt	11.85 1 Kg	1 Kg	11.85
Tea	47.50 250g	250g	47.50
SubTotal			ZMW 3,129.13

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	152.50 90kg bag(s)	2 90kg bag(s)	305.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	16.50 400g	4 400g	65.5
Jelly (Vaseline)	43.75 500ml	1 500ml	43.75
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	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.67 Tissue(s)	6 Tissue(s)	34.00
Lotion (Dawn)	34.50 400ml	1 400ml	34.50
Subtotal			ZMW 2,322.75

Total for Basic Needs and Nutrition Basket

ZMW 5,451.88

(C) SOME OTHER ADDITIONAL COSTS

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

Health

Fuel (cost at the pump)

Item	Amount (ZMW)
Petrol (per litre)	21.16
Diesel (per litre)	20.15
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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June 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, Chinda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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2021-12-31

Luanshya December 2021 Basic Needs and Nutrition Basket Report

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