

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	99.28 25 kg bag	2 x 25Kg	198.57
Rice	95.00 5kg	4kg	76.00
Cassava Flour	26.10 1kg	6kg	156.59
(Sweet) Potatoes	13.07 1 Kg	4 Kg	52.28
Beans	40.92 1kg	3kg	122.76
Pounded Groundnut	34.30 1kg	1kg	34.30
Soya Pieces	59.02 1 kg	2kg	118.05
Beef	69.43 1kg	2kg	138.85
Chicken	122.57 2kg	5kg	306.42
Kapenta	287.66 1kg	1kg	287.66
Eggs	17.67 1 unit (10 eggs)	3 Trays (90 eggs)	159.00
Milk (Fresh)	14.07 500 ml	10 liters	281.40
Vegetables	562.59 40 Kg	40kg	562.59
Onion	13.41 1 Kg	4 Kg	53.65
Tomatoes	35.94 1 kg	6 kg	215.65
Banana	11.28 1 Kg	16 Kg	180.51
Other Fruits	11.42 1 kg	14 Kg	159.94
Cooking oil (2.5lts)	106.29 2.5lt	3.6lt	153.05
Salt	10.33 1 Kg	1 Kg	10.33
Tea	54.57 250g	250g	54.57
SubTotal			ZMW 3,118.17

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	388.00 90kg bag(s)	2 90kg bag(s)	776.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	18.20 400g	4 400g	72.8
Jelly (Vaseline)	39.86 500ml	1 500ml	34.71
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	21.64 Pack of 10	1 Pack of 10	41.14
Toilet Paper (2ply)	5.95 Tissue(s)	6 Tissue(s)	35.7
Lotion (Dawn)	28.57 400ml	1 400ml	24.28

Subtotal **ZMW 5,241.63**

Total for Basic Needs and Nutrition Basket **ZMW 8,359.80**

(C) SOME OTHER ADDITIONAL COSTS

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<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	23.00
School Uniform (Grades 8-12)	200.00	Matero - Town	20.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)

Registration (book)

5.00

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
8,414.00	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, Chainda, 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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Advocacy on Living Conditions

2021-12-31

Lusaka December 2021 Basic Needs and Nutrition Basket Report

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