

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

May 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	104.67 25 kg bag	2 x 25Kg	209.33
Rice	150.83 5kg	4kg	120.66
Cassava Flour	5.77 1kg	6kg	34.64
(Sweet) Potatoes	6.08 1 Kg	4 Kg	24.34
Beans	31.14 1kg	3kg	93.42
Pounded Groundnut	43.46 1kg	1kg	43.46
Soya Pieces	26.64 1 kg	2kg	53.28
Beef	66.67 1kg	2kg	133.33
Chicken	115.15 2kg	5kg	287.88
Kapenta	187.30 1kg	1kg	187.30
Eggs	18.86 1 unit (10 eggs)	3 Trays (90 eggs)	169.71
Milk (Fresh)	13.50 500 ml	10 liters	269.97
Vegetables	371.80 40 Kg	40kg	371.80
Onion	52.10 1 Kg	4 Kg	208.39
Tomatoes	10.49 1 kg	6 kg	62.95
Banana	24.75 1 Kg	16 Kg	395.96
Other Fruits	53.31 1 kg	14 Kg	746.32
Cooking oil (2.5lts)	130.17 2.5lt	3.6lt	187.44
Salt	12.89 1 Kg	1 Kg	12.89
Tea	23.75 250g	250g	23.75
SubTotal			ZMW 3,636.83

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	205.20 90kg bag(s)	2 90kg bag(s)	410.40
Soap (Lifebuoy/Champion)	12.17 Tablet(s)	3 Tablet(s)	36.50
Wash soap (BOOM)	16.50 400g	4 400g	65.99
Jelly (Vaseline)	37.50 500ml	1 500ml	37.50
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	20.83 Pack of 10	2 Pack of 10	41.66
Toilet Paper (2ply)	4.50 Tissue(s)	6 Tissue(s)	26.99
Lotion (Dawn)	35.67 400ml	1 400ml	35.67
Subtotal			ZMW 2,458.71

Total for Basic Needs and Nutrition Basket

ZMW 6,095.54

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00	Roan - Kalala	12.00
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)	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
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

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 May, 2020 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 May Basic Needs Basket is approximately US\$270 based upon the exchange rate Of K22.51 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-05-31

Luanshya May 2021 Basic Nutrition and Needs Basket Report

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