

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	99.14 25 kg bag	2 x 25Kg	198.28
Rice	107.00 5kg	4kg	85.60
Cassava Flour	13.31 1kg	6kg	79.87
(Sweet) Potatoes	18.61 1 Kg	4 Kg	74.43
Beans	36.26 1kg	3kg	108.77
Pounded Groundnut	41.09 1kg	1kg	41.09
Soya Pieces	48.18 1 kg	2kg	96.35
Beef	72.00 1kg	2kg	144.00
Chicken	79.78 2kg	5kg	199.46
Kapenta	256.11 1kg	1kg	256.11
Eggs	16.81 1 unit (10 eggs)	3 Trays (90 eggs)	151.28
Milk (Fresh)	14.57 500 ml	10 liters	291.40
Vegetables	491.72 40 Kg	40kg	491.72
Onion	35.35 1 Kg	4 Kg	141.41
Tomatoes	10.04 1 kg	6 kg	60.24
Banana	14.38 1 Kg	16 Kg	230.08
Other Fruits	38.84 1 kg	14 Kg	543.77
Cooking oil (2.5lts)	114.07 2.5lt	3.6lt	164.26
Salt	9.08 1 Kg	1 Kg	9.08
Tea	43.57 250g	250g	43.57
SubTotal			ZMW 3,410.77

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	336.00 90kg bag(s)	2 90kg bag(s)	672.00
Soap (Lifebuoy/Champion)	12.57 Tablet(s)	3 Tablet(s)	37.71
Wash soap (BOOM)	16.07 400g	4 400g	64.28
Jelly (Vaseline)	65.83 500ml	1 500ml	65.83
Jelly (Vaseline)	70.00 500g	1 500g	70.00
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	20.71 Pack of 10	2 Pack of 10	41.43
Toilet Paper (2ply)	6.28 Tissue(s)	6 Tissue(s)	37.71
Lotion (Dawn)	29.78 400ml	1 400ml	29.78
Subtotal			ZMW 5,233.74

Total for Basic Needs and Nutrition Basket

ZMW 8,644.50

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	3.00	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
8,644.50	4,276.64	4,960.43	4,944.42	6,367.38	6,660.49	4,933.42	5,095.28	4,759.55	5,774.22	6,675.64	7,033.75	6,289.23	5,499.50	5,336.28	5,759.64

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 March, 2021 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, Chaimda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The March Basic Needs Basket is approximately US\$392 based upon the exchange rate Of K22.04. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-03-31

Lusaka March 2021 Basic Needs and Nutrition Basket Report

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