

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	97.14 25 kg bag	2 x 25Kg	194.28
Rice	115.14 5kg	4kg	92.11
Cassava Flour	14.29 1kg	6kg	85.71
(Sweet) Potatoes	13.37 1 Kg	4 Kg	53.49
Beans	36.50 1kg	3kg	109.49
Pounded Groundnut	61.22 1kg	1kg	61.22
Soya Pieces	86.68 1 kg	2kg	173.37
Beef	77.57 1kg	2kg	155.14
Chicken	118.97 2kg	5kg	297.42
Kapenta	234.31 1kg	1kg	234.31
Eggs	19.86 1 unit (10 eggs)	3 Trays (90 eggs)	178.71
Milk (Fresh)	13.93 500 ml	10 liters	278.54
Vegetables	517.08 40 Kg	40kg	517.08
Onion	16.14 1 Kg	4 Kg	64.55
Tomatoes	8.92 1 kg	6 kg	53.54
Banana	13.57 1 Kg	16 Kg	217.05
Other Fruits	22.61 1 kg	14 Kg	316.56
Cooking oil (2.5lts)	115.35 2.5lt	3.6lt	166.11
Salt	8.17 1 Kg	1 Kg	8.17
Tea	41.86 250g	250g	41.86
SubTotal			ZMW 3,298.70

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	360.00 90kg bag(s)	2 90kg bag(s)	720.00
Soap (Lifebuoy/Champion)	13.43 Tablet(s)	3 Tablet(s)	40.28
Wash soap (BOOM)	17.64 400g	4 400g	70.57
Jelly (Vaseline)	40.14 500ml	1 500ml	40.14
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	20.50 Pack of 10	2 Pack of 10	41.00
Toilet Paper (2ply)	6.83 Tissue(s)	6 Tissue(s)	41.00
Lotion (Dawn)	28.83 400ml	1 400ml	28.83
Subtotal			ZMW 5,196.82

Total for Basic Needs and Nutrition Basket

ZMW 8,495.52

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 10-12 (User + PTA/year)	600.00	Chilenje - Town	24.00
School Uniform	200.00	Chelston - town	22.00
		Matero - Town	10.00
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

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Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

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 July, 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, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The July Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K19.20. 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

2021-07-31

Lusaka July 2021 Basic Needs and Nutrition Basket Report

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