

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	98.33 25 kg bag	2 x 25Kg	196.67
Rice	148.99 5kg	4kg	119.19
(Sweet) Potatoes	18.04 1 Kg	4 Kg	72.16
Beans	52.05 1kg	3kg	156.15
Pounded Groundnut	56.93 1kg	1kg	56.93
Soya Pieces	60.74 1 kg	2kg	121.47
Beef	49.00 1kg	2kg	98.00
Chicken	74.99 2kg	5kg	187.48
Kapenta	279.99 1kg	1kg	279.99
Eggs	19.94 1 unit (10 eggs)	3 Trays (90 eggs)	179.50
Milk (Fresh)	13.62 500 ml	10 liters	272.49
Vegetables	350.75 40 Kg	40kg	350.75
Onion	18.28 1 Kg	4 Kg	73.13
Tomatoes	11.89 1 kg	6 kg	71.36
Banana	10.24 1 Kg	16 Kg	163.84
Other Fruits	21.07 1 kg	14 Kg	295.00
Cooking oil (2.5lts)	132.71 2.5lt	3.6lt	191.10
Salt	7.00 1 Kg	1 Kg	7.00
Tea	45.32 250g	250g	45.32
SubTotal			ZMW 2,937.52

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	138.00 90kg bag(s)	2 90kg bag(s)	276.00
Soap (Lifebuoy/Champion)	14.32 Tablet(s)	3 Tablet(s)	42.96
Wash soap (BOOM)	17.17 400g	4 400g	68.66
Jelly (Vaseline)	33.75 500ml	1 500ml	33.75
Electricity (medium density)	274.00 Month(s)	1 Month(s)	274.00
Water & Sanitation (med - fixed)	230.00 Month(s)	1 Month(s)	230.00
Housing (3 bedroom)	1,628.00 Month(s)	1 Month(s)	1,628.00
Sanitary towels	17.50 Pack of 10	2 Pack of 10	35.00
Toilet Paper (2ply)	9.02 Tissue(s)	6 Tissue(s)	54.13
Lotion (Dawn)	30.83 400ml	1 400ml	30.83
Subtotal			ZMW 2,673.32

Total for Basic Needs and Nutrition Basket

ZMW 5,610.84

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	600.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	1,280.00		
Grades 10-12 (User + PTA/year)	1,700.00		
School Uniform	242.00		

Health

<u>Fuel (cost at the pump)</u>	
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
8,489.48	4,676.21	4,963.83	4,552.43	6,727.13	7,924.55	5,155.61	6,079.34	5,117.26	5,885.69	7,562.83	6,700.72	5,660.09	5,644.95	5,822.49	6,728.12

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 surveys conducted at Town Centre Market, Dambwa Market, Maramba Market, Mbita Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The July Basic Needs Basket is approximately US\$292 based upon the exchange rate Of K19.20 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-07-31

Livingstone July 2021 Basic Needs and Nutrition Basket Report

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