

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.83 25 kg bag	2 x 25Kg	235.66
Rice	163.33 5kg	4kg	130.66
Cassava Flour	5.78 1kg	6kg	34.69
(Sweet) Potatoes	11.63 1 Kg	4 Kg	46.52
Beans	42.90 1kg	3kg	128.71
Pounded Groundnut	55.62 1kg	1kg	55.62
Soya Pieces	31.66 1 kg	2kg	63.32
Beef	73.17 1kg	2kg	146.33
Chicken	114.33 2kg	5kg	285.83
Kapenta	161.76 1kg	1kg	161.76
Eggs	18.22 1 unit (10 eggs)	3 Trays (90 eggs)	164.00
Milk (Fresh)	13.83 500 ml	10 liters	276.63
Vegetables	277.74 40 Kg	40kg	277.74
Onion	19.79 1 Kg	4 Kg	79.15
Tomatoes	11.14 1 kg	6 kg	66.83
Banana	20.29 1 Kg	16 Kg	324.70
Other Fruits	48.47 1 kg	14 Kg	678.61
Cooking oil (2.5lts)	102.50 2.5lt	3.6lt	147.60
Salt	12.89 1 Kg	1 Kg	12.89
Tea	31.17 250g	250g	31.17
SubTotal			ZMW 3,348.41

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	198.00 90kg bag(s)	2 90kg bag(s)	396.00
Soap (Lifebuoy/Champion)	11.00 Tablet(s)	3 Tablet(s)	33.00
Wash soap (BOOM)	15.00 400g	4 400g	59.99
Jelly (Vaseline)	35.67 500ml	1 500ml	35.67
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	19.33 Pack of 10	2 Pack of 10	38.66
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	25.99
Lotion (Dawn)	32.50 400ml	1 400ml	32.50
Subtotal			ZMW 2,425.81

Total for Basic Needs and Nutrition Basket

ZMW 5,774.22

(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

Compositions of vegetables and fruits

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	5,953.66

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, 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 March Basic Needs Basket is approximately US\$242 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc.

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Reports

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2021-03-31

Luanshya March 2021 Basic Needs and Nutrition Basket Report

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