

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	109.00 25 kg bag	2 x 25Kg	218.00
Rice	113.00 5kg	4kg	90.40
Cassava Flour	32.26 1kg	6kg	193.55
(Sweet) Potatoes	17.08 1 Kg	4 Kg	68.34
Beans	68.47 1kg	3kg	205.40
Pounded Groundnut	81.95 1kg	1kg	81.95
Soya Pieces	62.47 1 kg	2kg	124.94
Beef	49.33 1kg	2kg	98.66
Chicken	58.99 2kg	5kg	147.48
Kapenta	314.14 1kg	1kg	314.14
Eggs	19.53 1 unit (10 eggs)	3 Trays (90 eggs)	175.79
Milk (Fresh)	8.45 500 ml	10 liters	169.00
Vegetables	296.83 40 Kg	40kg	296.83
Onion	13.26 1 Kg	4 Kg	53.03
Tomatoes	22.05 1 kg	6 kg	132.28
Banana	10.57 1 Kg	16 Kg	169.04
Other Fruits	10.44 1 kg	14 Kg	146.10
Cooking oil (2.5lts)	89.98 2.5lt	3.6lt	129.57
Salt	10.00 1 Kg	1 Kg	10.00
Tea	52.06 250g	250g	52.06
SubTotal			ZMW 2,876.53

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	10.98 Tablet(s)	3 Tablet(s)	32.95
Wash soap (BOOM)	14.99 400g	4 400g	59.96
Jelly (Vaseline)	32.75 500ml	1 500ml	32.75
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	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	4.57 Tissue(s)	6 Tissue(s)	27.40
Lotion (Dawn)	29.98 400ml	1 400ml	29.98
Subtotal			ZMW 2,531.03

Total for Basic Needs and Nutrition Basket

ZMW 5,407.56

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		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
8394.01.	3,854.99	4,886.73	4,402.41	5,982.58	6,420.53	4,693.47	4,918.63	4,359.43	5,246.75	6,256.95	6,734.83	5,407.56	5,358.78	5,479.28	5,027.35

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 January, 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, Mbata Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The January Basic Needs Basket is approximately US\$251 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2021-01-30

Livingstone January 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/708>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)