

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

May 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	92.00 25 kg bag	2 x 25Kg	184.00
Rice	128.48 5kg	4kg	102.79
Cassava Flour	15.96 1kg	6kg	95.78
(Sweet) Potatoes	13.50 1 Kg	4 Kg	54.00
Beans	46.35 1kg	3kg	139.04
Pounded Groundnut	74.49 1kg	1kg	74.49
Soya Pieces	56.68 1 kg	2kg	113.36
Beef	65.63 1kg	2kg	131.25
Chicken	102.28 2kg	5kg	255.71
Kapenta	290.99 1kg	1kg	290.99
Eggs	17.28 1 unit (10 eggs)	3 Trays (90 eggs)	155.50
Milk (Fresh)	14.43 500 ml	10 liters	288.54
Vegetables	459.37 40 Kg	40kg	459.37
Onion	19.76 1 Kg	4 Kg	79.04
Tomatoes	10.97 1 kg	6 kg	65.84
Banana	12.33 1 Kg	16 Kg	197.34
Other Fruits	30.18 1 kg	14 Kg	422.59
Cooking oil (2.5lts)	120.31 2.5lt	3.6lt	173.24
Salt	10.63 1 Kg	1 Kg	10.63
Tea	45.78 250g	250g	45.78
<b>SubTotal</b>			<b>ZMW 3,339.28</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	320.40 90kg bag(s)	2 90kg bag(s)	640.80
Soap (Lifebuoy/Champion)	12.57 Tablet(s)	3 Tablet(s)	37.71
Wash soap (BOOM)	16.28 400g	4 400g	65.14
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
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	19.92 Pack of 10	2 Pack of 10	39.83
Toilet Paper (2ply)	5.58 Tissue(s)	6 Tissue(s)	33.49
Lotion (Dawn)	31.00 400ml	1 400ml	31.00
<b>Subtotal</b>			<b>ZMW 5,102.97</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 8,442.24**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
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	22.00
School Uniform (Grades 8-12)	200.00	Matero - Town	10.00
<u>Health</u>		<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
8,442.24	4,278.53	4,960.43	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

### 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 May, 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 May Basic Needs Basket is approximately US\$375 based upon the exchange rate Of K22.51. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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2021-05-31

# Lusaka May 2021 Basic Nutrition and Needs Basket Report

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