

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	104.67 25 kg bag	2 x 25Kg	209.33
Rice	138.33 5kg	4kg	110.66
Cassava Flour	5.78 1kg	6kg	34.66
(Sweet) Potatoes	10.09 1 Kg	4 Kg	40.38
Beans	41.47 1kg	3kg	124.42
Pounded Groundnut	42.67 1kg	1kg	42.67
Soya Pieces	30.93 1 kg	2kg	61.86
Beef	72.17 1kg	2kg	144.33
Chicken	109.19 2kg	5kg	272.97
Kapenta	163.64 1kg	1kg	163.64
Eggs	16.53 1 unit (10 eggs)	3 Trays (90 eggs)	148.79
Milk (Fresh)	9.17 500 ml	10 liters	183.30
Vegetables	337.95 40 Kg	40kg	337.95
Onion	14.57 1 Kg	4 Kg	58.27
Tomatoes	26.95 1 kg	6 kg	161.71
Banana	14.85 1 Kg	16 Kg	237.53
Other Fruits	30.99 1 kg	14 Kg	433.80
Cooking oil (2.5lts)	98.00 2.5lt	3.6lt	141.12
Salt	10.67 1 Kg	1 Kg	10.67
Tea	20.20 250g	250g	20.20
SubTotal			ZMW 2,938.27

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	142.20 90kg bag(s)	2 90kg bag(s)	284.40
Soap (Lifebuoy/Champion)	10.59 Tablet(s)	3 Tablet(s)	31.77
Wash soap (BOOM)	16.67 400g	4 400g	66.66
Jelly (Vaseline)	30.83 500ml	1 500ml	30.83
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)	3.75 Tissue(s)	6 Tissue(s)	22.49
Lotion (Dawn)	29.67 400ml	1 400ml	29.67
Subtotal			ZMW 2,308.48

Total for Basic Needs and Nutrition Basket

ZMW 5,246.75

(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)	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		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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, 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 January Basic Needs Basket is approximately US\$243 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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This survey was conducted on 27th December, 2019 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 December Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. 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

2021-01-30

Lwanshya January 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

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