

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	112.14 25 kg bag	2 x 25Kg	224.28
Rice	106.67 5kg	4kg	85.33
Cassava Flour	18.74 1kg	6kg	112.43
(Sweet) Potatoes	26.64 1 Kg	4 Kg	106.56
Beans	51.31 1kg	3kg	153.92
Pounded Groundnut	74.62 1kg	1kg	74.62
Soya Pieces	56.54 1 kg	2kg	113.09
Beef	66.86 1kg	2kg	133.71
Chicken	76.99 2kg	5kg	192.47
Kapenta	354.49 1kg	1kg	354.49
Eggs	15.67 1 unit (10 eggs)	3 Trays (90 eggs)	141.00
Milk (Fresh)	12.00 500 ml	10 liters	239.97
Vegetables	561.81 40 Kg	40kg	561.81
Onion	17.13 1 Kg	4 Kg	68.53
Tomatoes	16.76 1 kg	6 kg	100.56
Banana	17.09 1 Kg	16 Kg	273.41
Other Fruits	16.14 1 kg	14 Kg	225.90
Cooking oil (2.5lts)	93.50 2.5lt	3.6lt	134.64
Salt	11.71 1 kg	1 Kg	11.71
Tea	36.79 250g	250g	36.79
SubTotal			ZMW 3,345.21

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	283.60 90kg bag(s)	2 90kg bag(s)	567.20
Soap (Lifebuoy/Champion)	12.71 Tablet(s)	3 Tablet(s)	38.14
Wash soap (BOOM)	15.50 400g	4 400g	61.99
Jelly (Vaseline)	65.28 500ml	1 500ml	65.28
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	18.67 Pack of 10	2 Pack of 10	37.33
Toilet Paper (2ply)	6.21 Tissue(s)	6 Tissue(s)	37.28
Lotion (Dawn)	26.57 400ml	1 400ml	26.57
Subtotal			ZMW 5,048.80

Total for Basic Needs and Nutrition Basket

ZMW 8,394.01

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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	23.00
School Uniform (Grades 8-12)	200.00	Matero - Town	20.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	3.00	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 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 January Basic Needs Basket is approximately US\$389 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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2021-01-30

Lusaka January 2021 Basic Needs and Nutrition Basket Report

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