

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.00 25 kg bag	2 x 25Kg	190.00
Rice	158.89 5kg	4kg	127.11
Cassava Flour	15.55 1kg	6kg	99.3
(Sweet) Potatoes	17.36 1 Kg	4 Kg	69.45
Beans	37.62 1kg	3kg	112.85
Pounded Groundnut	42.89 1kg	1kg	42.89
Soya Pieces	30.10 1 kg	2kg	60.21
Beef	64.40 1kg	2kg	128.80
Chicken	147.96 2kg	5kg	369.89
Kapenta	136.87 1kg	1kg	136.87
Eggs	19.67 1 unit (10 eggs)	3 Trays (90 eggs)	177.00
Milk (Fresh)	15.25 500 ml	10 liters	304.95
Vegetables	352.91 40 Kg	40kg	352.91
Onion	15.22 1 Kg	4 Kg	60.88
Tomatoes	13.70 1 kg	6 kg	82.22
Banana	17.78 1 Kg	16 Kg	284.43
Other Fruits	12.36 1 kg	14 Kg	173.06
Cooking oil (2.5lts)	103.00 2.5lt	3.6lt	148.32
Salt	21.00 1 Kg	1 Kg	21.00
Tea	51.50 250g	250g	51.50
SubTotal			ZMW 2,987.62

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	167.50 90kg bag(s)	2 90kg bag(s)	335.00
Soap (Lifebuoy/Champion)	13.60 Tablet(s)	3 Tablet(s)	40.79
Wash soap (BOOM)	19.80 400g	4 400g	79.2
Jelly (Vaseline)	49.90 400ml	1 400ml	49.90
Electricity (medium density)	247.00 Month(s)	1 Month(s)	247.00
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	16.20 Pack of 10	2 Pack of 10	32.40
Toilet Paper (2ply)	28.20 Tissue(s)	6 Tissue(s)	169.20
Lotion (Dawn)	39.00 400ml	1 400ml	39.00
Subtotal			ZMW 2,771.64

Total for Basic Needs and Nutrition Basket

ZMW 5,759.26

(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		
School Uniform (Grades 8-12)	1,700.00		
School Uniform	242.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	21.16
		Diesel (per litre)	20.15

Paraffin (per litre)

(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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June 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\$. based upon the exchange rate Of K22.70. 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

2021-12-31

Livingstone December 2021 Basic Needs and Nutrition Basket Report

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