

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	104.00 25 kg bag	2 x 25Kg	208.00
Rice	167.49 5kg	4kg	133.99
Cassava Flour	15.06 1kg	6kg	90.36
(Sweet) Potatoes	27.72 1 Kg	4 Kg	110.89
Beans	49.20 1kg	3kg	147.60
Pounded Groundnut	67.68 1kg	1kg	67.68
Soya Pieces	60.74 1 kg	2kg	121.47
Beef	40.33 1kg	2kg	80.67
Chicken	58.99 2kg	5kg	147.48
Kapenta	295.60 1kg	1kg	295.60
Eggs	15.27 1 unit (10 eggs)	3 Trays (90 eggs)	137.39
Milk (Fresh)	8.31 500 ml	10 liters	166.25
Vegetables	223.72 40 Kg	40kg	223.72
Onion	12.37 1 Kg	4 Kg	49.46
Tomatoes	10.80 1 kg	6 kg	64.80
Banana	10.32 1 Kg	16 Kg	165.12
Other Fruits	6.69 1 kg	14 Kg	93.65
Cooking oil (2.5lts)	90.60 2.5lt	3.6lt	130.46
Salt	7.40 1 Kg	1 Kg	7.40
Tea	41.55 250g	250g	41.55
<b>SubTotal</b>			<b>ZMW 2,483.53</b>

## (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 Tablet(s)	3 Tablet(s)	44.97
Jelly (Vaseline)	30.12 500ml	1 500ml	30.12
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
Water & Sanitation (med - fixed)	200.00 Month(s)	1 Month(s)	200.00
Housing (3 bedroom)	1,750.00 Month(s)	1 Month(s)	1,750.00
Sanitary towels	15.40 Pack of 10	2 Pack of 10	30.80
Toilet Paper (2ply)	3.76 Tissue(s)	6 Tissue(s)	22.56
Lotion (Dawn)	28.20 400ml	1 400ml	28.20
<b>Subtotal</b>			<b>ZMW 2,569.59</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,053.12</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	180.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	120.00		
School Uniform (Grades 8-12)	180.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	15.00	Petrol (per litre)	17.62
Consultation Fee	50.00	Diesel (per litre)	15.59

**(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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

**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 November, 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 Town Centre Market, Dambwa Market, Maramba Market, Mbita Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The November Basic Needs Basket is approximately US\$240 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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