

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	102.50 25 kg bag	2 x 25Kg	205.00
Rice	137.12 5kg	4kg	109.69
Cassava Flour	5.78 1kg	6kg	34.70
(Sweet) Potatoes	14.25 1 Kg	4 Kg	57.01
Beans	41.47 1kg	3kg	124.42
Pounded Groundnut	42.57 1kg	1kg	42.57
Soya Pieces	33.18 1 kg	2kg	66.36
Beef	53.00 1kg	2kg	106.00
Chicken	122.94 2kg	5kg	307.34
Kapenta	163.64 1kg	1kg	163.64
Eggs	13.56 1 unit (10 eggs)	3 Trays (90 eggs)	122.00
Milk (Fresh)	9.83 500 ml	10 liters	196.63
Vegetables	293.45 40 Kg	40kg	293.45
Onion	14.59 1 Kg	4 Kg	58.35
Tomatoes	14.22 1 kg	6 kg	85.34
Banana	14.14 1 Kg	16 Kg	226.25
Other Fruits	9.05 1 kg	14 Kg	126.72
Cooking oil (2.5lts)	94.33 2.5lt	3.6lt	135.84
Salt	8.84 1 Kg	1 Kg	8.84
Tea	22.67 250g	250g	22.67
SubTotal			ZMW 2,492.80

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.00 90kg bag(s)	2 90kg bag(s)	174.00
Soap (Lifebuoy/Champion)	9.24 Tablet(s)	3 Tablet(s)	27.73
Wash soap (BOOM)	14.33 400g	4 400g	54.99
Jelly (Vaseline)	27.17 500ml	1 500ml	27.17
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	209.30 Month(s)	1 Month(s)	209.30
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	19.50 Pack of 10	2 Pack of 10	39.00
Toilet Paper (2ply)	3.67 Tissue(s)	6 Tissue(s)	55.24
Lotion (Dawn)	29.17 400ml	1 400ml	29.17
Subtotal			ZMW 2,566.59
Total for Basic Needs and Nutrition Basket			ZMW 5,059.39

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00	Mpatamatu-Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Roan - Kalala	12.00
Grades 10-12 (User + PTA/year)	600.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	10.00	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
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 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 November Basic Needs Basket is approximately US\$261 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc.

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2020-11-30

Luansya November 2020 Basic Needs and Nutrition Basket Report

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