

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	92.00 25 kg bag	2 x 25Kg	184.00
Rice	113.50 5kg	4kg	90.80
Cassava Flour	12.46 1kg	6kg	74.76
(Sweet) Potatoes	14.80 1 Kg	4 Kg	59.20
Beans	60.19 1kg	3kg	180.58
Pounded Groundnut	38.96 1kg	1kg	38.96
Soya Pieces	52.58 1 kg	2kg	105.16
Beef	57.50 1kg	2kg	115.00
Chicken	73.23 2kg	5kg	183.08
Kapenta	216.93 1kg	1kg	216.93
Eggs	14.61 1 unit (10 eggs)	3 Trays (90 eggs)	131.50
Milk (Fresh)	9.93 500 ml	10 liters	198.57
Vegetables	460.58 40 Kg	40kg	460.58
Onion	9.67 1 Kg	4 Kg	38.67
Tomatoes	10.34 1 kg	6 kg	62.04
Banana	11.65 1 Kg	16 Kg	186.36
Other Fruits	5.96 1 kg	14 Kg	83.39
Cooking oil (2.5lts)	84.43 2.5lt	3.6lt	121.58
Salt	8.21 1 Kg	1 Kg	8.21
Tea	38.00 250g	250g	38.00
SubTotal			ZMW 2,577.35

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	159.00 90kg bag(s)	2 90kg bag(s)	318.00
Soap (Lifebuoy/Champion)	11.00 Tablet(s)	3 Tablet(s)	33.00
Wash soap (BOOM)	14.50 400g	4 400g	58.00
Jelly (Vaseline)	50.43 500ml	1 500ml	50.43
Electricity (medium density)	500.00 Month(s)	1 Month(s)	500.00
Water & Sanitation (med - fixed)	197.00 Month(s)	1 Month(s)	197.00
Housing (3 bedroom)	3,300.00 Month(s)	1 Month(s)	3,300.00
Sanitary towels	16.00 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	5.78 Tissue(s)	6 Tissue(s)	34.71
Lotion (Dawn)	26.14 400ml	1 400ml	26.14
Subtotal			ZMW 4,549.27
Total for Basic Needs and Nutrition Basket			ZMW 7,126.62

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	310.00	Chilenje - Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Chelston - town	23.00
Grades 10-12 (User + PTA/year)	600.00	Matero - Town	20.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Malaria test	20.00	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 prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chinda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The November Basic Needs Basket is approximately US\$339 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc.

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2020-11-30

Lusaka November 2020 Basic Needs and Nutrition Basket Report

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