

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.78 25 kg bag	2 x 25Kg	203.56
Rice	113.00 5kg	4kg	90.40
Cassava Flour	15.20 1kg	6kg	91.19
(Sweet) Potatoes	34.08 1 Kg	4 Kg	136.32
Beans	51.28 1kg	3kg	153.84
Pounded Groundnut	79.15 1kg	1kg	79.15
Soya Pieces	60.74 1 kg	2kg	121.47
Beef	40.33 1kg	2kg	80.67
Chicken	72.99 2kg	5kg	182.48
Kapenta	306.69 1kg	1kg	306.69
Eggs	17.11 1 unit (10 eggs)	3 Trays (90 eggs)	153.99
Milk (Fresh)	8.45 500 ml	10 liters	169.00
Vegetables	257.99 40 Kg	40kg	257.99
Onion	11.50 1 Kg	4 Kg	46.01
Tomatoes	12.52 1 kg	6 kg	75.12
Banana	9.67 1 Kg	16 Kg	154.67
Other Fruits	7.79 1 kg	14 Kg	109.08
Cooking oil (2.5lts)	85.98 2.5lt	3.6lt	123.81
Salt	10.00 1 Kg	1 Kg	10.00
Tea	46.33 250g	250g	46.33
<b>SubTotal</b>			<b>ZMW 2,591.76</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 400g	4 400g	59.96
Jelly (Vaseline)	29.62 500ml	1 500ml	29.62
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)	4.56 Tissue(s)	6 Tissue(s)	27.36
Lotion (Dawn)	28.20 400ml	1 400ml	28.20
<b>Subtotal</b>			<b>ZMW 2,588.88</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,180.64</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)	150.00	Victoria Falls-Town	20.00
Grades 10-12 (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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

**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 December, 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 December Basic Needs Basket is approximately US\$245 based upon the exchange rate Of K21.14 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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