

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	109.80 25 kg bag	2 x 25Kg	219.60
Rice	110.80 5kg	4kg	88.64
Cassava Flour	17.51 1kg	6kg	105.08
(Sweet) Potatoes	12.64 1 Kg	4 Kg	50.55
Beans	42.60 1kg	3kg	127.80
Pounded Groundnut	42.83 1kg	1kg	42.83
Soya Pieces	43.59 1 kg	2kg	87.18
Beef	67.86 1kg	2kg	135.71
Chicken	83.28 2kg	5kg	208.21
Kapenta	268.67 1kg	1kg	268.67
Eggs	15.94 1 unit (10 eggs)	3 Trays (90 eggs)	143.50
Milk (Fresh)	10.00 500 ml	10 liters	199.97
Vegetables	506.37 40 Kg	40kg	506.37
Onion	12.48 1 Kg	4 Kg	49.93
Tomatoes	13.90 1 kg	6 kg	83.37
Banana	14.17 1 Kg	16 Kg	226.78
Other Fruits	8.27 1 kg	14 Kg	115.80
Cooking oil (2.5lts)	83.14 2.5lt	3.6lt	119.72
Salt	9.25 1 Kg	1 Kg	9.25
Tea	34.75 250g	250g	34.75
SubTotal			ZMW 2,823.72

(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)	11.28 Tablet(s)	3 Tablet(s)	33.85
Wash soap (BOOM)	14.07 400g	4 400g	56.28
Jelly (Vaseline)	56.57 500ml	1 500ml	56.57
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	20.28 Pack of 10	2 Pack of 10	40.57
Toilet Paper (2ply)	5.93 Tissue(s)	3 Tissue(s)	32.78
Lotion (Dawn)	28.28 400ml	1 400ml	28.28
Subtotal			ZMW 4,580.33

Total for Basic Needs and Nutrition Basket

ZMW 7,404.05

(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
7,404.05	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 prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chanda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$350 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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2020-12-31

Lusaka December 2020 Basic Needs and Nutrition Basket Report

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