

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Lusaka**

**March 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	139.57 25 kg bag	2 x 25Kg	279.14
Rice	106.87 5kg	4kg	85.50
Cassava Flour	11.62 1kg	6kg	69.71
(Sweet) Potatoes	12.35 1 Kg	4 Kg	49.39
Beans	29.30 1kg	3kg	87.91
Pounded Groundnut	44.08 1kg	1kg	44.08
Soya Pieces	39.14 1 kg	2kg	78.28
Beef	39.20 1kg	2kg	78.40
Chicken	58.85 2kg	5kg	147.14
Kapenta	163.98 1kg	1kg	163.98
Eggs	11.00 1 unit (10 eggs)	3 Trays (90 eggs)	98.99
Milk (Fresh)	8.04 500 ml	10 liters	160.83
Vegetables	340.73 40 Kg	40kg	340.73
Onion	14.75 1 Kg	4 Kg	58.98
Tomatoes	15.17 1 kg	6 kg	91.01
Banana	9.77 1 Kg	16 Kg	156.31
Other Fruits	26.06 1 kg	14 Kg	364.83
Cooking oil (2.5lts)	70.86 2.5lt	3.6lt	102.03
Salt	6.93 1 kg	1 Kg	6.93
Tea	32.21 250g	250g	32.21
<b>SubTotal</b>			<b>ZMW 2,496.38</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	172.00 90kg bag(s)	2 90kg bag(s)	344.00
Soap (Lifebuoy/Champion)	9.57 Tablet(s)	3 Tablet(s)	28.71
Wash soap (BOOM)	12.28 400g	4 400g	49.13
Jelly (Vaseline)	27.58 500ml	1 500ml	27.58
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	12.86 Pack of 10	2 Pack of 10	25.71
Toilet Paper (2ply)	3.83 Tissue(s)	6 Tissue(s)	22.98
Lotion (Dawn)	22.64 400ml	1 400ml	22.64
<b>Subtotal</b>			<b>ZMW 4,517.75</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 7,014.13**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	23.00
School Uniform (Grades 1-7)	310.00	Matero - Town	20.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,764.91	5,491.01	5,382.93	6,098.18	5,690.61	4,901.28	4,919.24	5,541.09

### 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 March, 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, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The March Basic Needs Basket is approximately US\$395 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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