

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.00 25 kg bag	2 x 25Kg	258.00
Rice	83.33 5kg	4kg	66.66
Cassava Flour	8.54 1kg	6kg	51.26
(Sweet) Potatoes	12.72 1 Kg	4 Kg	50.89
Beans	33.55 1kg	3kg	100.65
Pounded Groundnut	42.23 1kg	1kg	42.23
Soya Pieces	25.39 1 kg	2kg	50.78
Beef	39.50 1kg	2kg	79.00
Chicken	68.16 2kg	5kg	170.40
Kapenta	176.38 1kg	1kg	176.38
Eggs	12.28 1 unit (10 eggs)	3 Trays (90 eggs)	110.50
Milk (Fresh)	7.67 500 ml	10 liters	153.30
Vegetables	452.88 40 Kg	40kg	452.88
Onion	24.95 1 Kg	4 Kg	99.82
Tomatoes	10.32 1 kg	6 kg	61.95
Banana	15.48 1 Kg	16 Kg	247.72
Other Fruits	40.14 1 kg	14 Kg	561.90
Cooking oil (2.5lts)	65.50 2.5lt	3.6lt	94.32
Salt	8.40 1 kg	1 Kg	8.40
Tea	13.33 250g	250g	13.33
SubTotal			ZMW 2,850.36

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	136.80 90kg bag(s)	2 90kg bag(s)	273.60
Soap (Lifebuoy/Champion)	9.08 Tablet(s)	3 Tablet(s)	27.25
Wash soap (BOOM)	10.42 400g	4 400g	41.66
Jelly (Vaseline)	28.33 500ml	1 500ml	28.33
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	14.20 Pack of 10	2 Pack of 10	28.40
Toilet Paper (2ply)	3.30 Tissue(s)	6 Tissue(s)	19.79
Lotion (Dawn)	20.00 250g	1 250g	20.00
Lotion (Dawn)	20.00 400ml	1 400ml	20.00
Lotion (Dawn)	22.33 250ml	1 250ml	22.33
Subtotal			ZMW 2,640.65
Total for Basic Needs and Nutrition Basket			ZMW 5,491.01

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	60.00		
Grades 8-9 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	300.00		
School Uniform (Grades 8-12)	450.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,76491	5,491.01	5,382.93	6,098.18	5,690.61	4901.28	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 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 March Basic Needs Basket is approximately US\$309 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2020-03-30

Luanshya March 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/775>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)