

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

March 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	108.00 25 kg bag	2 x 25Kg	216.00
Rice	178.75 5kg	4kg	143.00
Cassava Flour	15.63 1kg	6kg	93.75
(Sweet) Potatoes	30.69 1 Kg	4 Kg	122.77
Beans	60.79 1kg	3kg	182.38
Pounded Groundnut	71.67 1kg	1kg	71.67
Soya Pieces	65.59 1 kg	2kg	131.19
Beef	51.50 1kg	2kg	103.00
Chicken	76.66 2kg	5kg	191.66
Kapenta	260.89 1kg	1kg	260.89
Eggs	20.61 1 unit (10 eggs)	3 Trays (90 eggs)	185.50
Milk (Fresh)	13.35 500 ml	10 liters	266.99
Vegetables	411.05 40 Kg	40kg	411.05
Onion	30.96 1 Kg	4 Kg	123.84
Tomatoes	27.03 1 kg	6 kg	162.16
Banana	10.42 1 Kg	16 Kg	166.72
Other Fruits	44.01 1 kg	14 Kg	616.11
Cooking oil (2.5lts)	105.48 2.5lt	3.6lt	151.89
Salt	9.82 1 kg	1 Kg	9.82
Tea	53.28 250g	250g	53.28
<b>SubTotal</b>			<b>ZMW 3,663.66</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	138.00 90kg bag(s)	2 90kg bag(s)	276.00
Soap (Lifebuoy/Champion)	10.99 Tablet(s)	3 Tablet(s)	32.96
Wash soap (BOOM)	15.60 400g	4 400g	62.39
Jelly (Vaseline)	29.75 500ml	1 500ml	29.75
Electricity (medium density)	274.00 Month(s)	1 Month(s)	274.00
Water & Sanitation (med - fixed)	230.00 Month(s)	1 Month(s)	230.00
Housing (3 bedroom)	1,628.00 Month(s)	1 Month(s)	1,628.00
Sanitary towels	18.50 Pack of 10	2 Pack of 10	37.00
Toilet Paper (2ply)	4.44 Tissue(s)	6 Tissue(s)	26.65
Lotion (Dawn)	28.83 400ml	1 400ml	28.83
<b>Subtotal</b>			<b>ZMW 2,625.57</b>

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

**ZMW 6,289.23**

## (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)	600.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	1,280.00		
Grades 10-12 (User + PTA/year)	1,700.00		
School Uniform	242.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	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

### Compositions of vegetables and fruits

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,644.50	4,276.64	4,960.43	4,944.42	6,367.38	6,660.49	4,933.42	5,095.28	4,759.55	5,774.22	6,675.64	7,033.75	6,289.23	5,499.50	5,336.28	5,953.66

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 27<sup>th</sup> March, 2021 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, Mbata Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The March Basic Needs Basket is approximately US\$285 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc.

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JCTR Repository

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

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