

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	182.41 25 kg bag	2 x 25Kg	364.82
Rice	81.50 5kg	4kg	65.20
Cassava Flour	14.49 1kg	6kg	86.96
(Sweet) Potatoes	16.48 1 Kg	4 Kg	65.94
Beans	66.14 1kg	3kg	198.41
Pounded Groundnut	45.98 1kg	1kg	45.98
Soya Pieces	54.38 1 kg	2kg	108.76
Beef	30.67 1kg	2kg	61.33
Chicken	70.00 2kg	5kg	174.99
Kapenta	163.07 1kg	1kg	163.07
Eggs	14.72 1 unit (10 eggs)	3 Trays (90 eggs)	132.50
Milk (Fresh)	8.50 500 ml	10 liters	169.99
Vegetables	347.91 40 Kg	40kg	347.91
Onion	12.12 1 Kg	4 Kg	48.49
Tomatoes	11.66 1 kg	6 kg	69.96
Banana	14.22 1 Kg	16 Kg	227.56
Other Fruits	21.17 1 kg	14 Kg	296.43
Cooking oil (2.5lts)	66.23 2.5lt	3.6lt	95.37
Salt	9.80 1 kg	1 Kg	9.80
Tea	57.99 250g	250g	57.99
<b>SubTotal</b>			<b>ZMW 2,791.44</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.00 90kg bag(s)	2 90kg bag(s)	252.00
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	3 Tablet(s)	28.00
Wash soap (BOOM)	11.92 400g	4 400g	47.66
Jelly (Vaseline)	29.99 500ml	1 500ml	29.99
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)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	16.33 Pack of 10	2 Pack of 10	32.66
Toilet Paper (2ply)	6.06 Tissue(s)	6 Tissue(s)	36.36
Lotion (Dawn)	22.50 400ml	1 400ml	22.50
<b>Subtotal</b>			<b>ZMW 2,899.17</b>

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

**ZMW 5,690.61**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grades 1-7)	120.00	Victoria Falls-Town	30.00
School Uniform (Grades 8-12)	180.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	15.00	Petrol (per litre)	17.62
Consultation Fee	50.00	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 surveys conducted at Town Centre Market, Dambwa Market, Maramba Market, Mbita Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The March Basic Needs Basket is approximately US\$320 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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