

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	122.83 25 kg bag	2 x 25Kg	245.66
Rice	201.53 5kg	4kg	161.22
Cassava Flour	10.69 1kg	6kg	64.12
(Sweet) Potatoes	7.51 1 Kg	4 Kg	30.04
Beans	25.88 1kg	3kg	77.64
Pounded Groundnut	111.57 1kg	1kg	111.57
Soya Pieces	46.89 1 kg	2kg	93.78
Beef	75.66 1kg	2kg	151.33
Chicken	107.74 2kg	5kg	269.34
Kapenta	150.83 1kg	1kg	150.83
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	186.00
Milk (Fresh)	15.17 500 ml	10 liters	303.30
Vegetables	226.08 40 Kg	40kg	226.08
Onion	64.72 1 Kg	4 Kg	258.89
Tomatoes	11.40 1 kg	6 kg	68.37
Banana	9.85 1 Kg	16 Kg	157.57
Other Fruits	18.94 1 kg	14 Kg	265.11
Cooking oil (2.5lts)	123.33 2.5lt	3.6lt	177.60
Salt	19.67 1 Kg	1 Kg	19.67
Tea	22.50 250g	250g	22.50
SubTotal			ZMW 3,040.62

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	217.80 90kg bag(s)	2 90kg bag(s)	435.60
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	15.50 400g	4 400g	61.99
Jelly (Vaseline)	21.00 500ml	1 500ml	21.00
Electricity (medium density)	191.00 Month(s)	1 Month(s)	191.00
Water & Sanitation (med - fixed)	115.13 Month(s)	1 Month(s)	115.13
Housing (3 bedroom)	1,233.00 Month(s)	1 Month(s)	1,233.00
Sanitary towels	20.50 Pack of 10	2 Pack of 10	41.00
Toilet Paper (2ply)	4.37 Tissue(s)	6 Tissue(s)	26.20
Lotion (Dawn)	36.80 400ml	1 400ml	36.80
Subtotal			ZMW 2,203.71

Total for Basic Needs and Nutrition Basket

ZMW 5,244.32

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	212.00	Maiteneke-Town	20.00
Grades 8-9 (User + PTA/year)	266.00	Kaole -Town	16.00
Grades 10-12 (User + PTA/year)	1,600.00		
School Uniform (Grades 1-7)	100.00		
School Uniform (Grades 8-12)	1,533.00		
Health		Fuel (cost at the pump)	
		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

This survey was conducted on 27th June 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 December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2021-08-31

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