

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

July 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	87.86 25 kg bag	2 x 25Kg	175.71
Rice	125.67 5kg	4kg	100.54
Cassava Flour	22.58 1kg	6kg	135.50
(Sweet) Potatoes	10.30 1 Kg	4 Kg	41.20
Beans	40.51 1kg	3kg	121.52
Pounded Groundnut	102.16 1kg	1kg	102.16
Soya Pieces	67.92 1 kg	2kg	135.85
Beef	42.28 1kg	2kg	84.57
Chicken	81.26 2kg	5kg	203.14
Kapenta	188.19 1kg	1kg	188.19
Eggs	13.50 1 unit (10 eggs)	3 Trays (90 eggs)	121.50
Milk (Fresh)	8.57 500 ml	10 liters	171.40
Vegetables	442.93 40 Kg	40kg	442.93
Onion	14.97 1 Kg	4 Kg	59.88
Tomatoes	9.44 1 kg	6 kg	56.63
Banana	11.21 1 Kg	16 Kg	179.43
Other Fruits	20.24 1 kg	14 Kg	283.33
Cooking oil (2.5lts)	77.71 2.5lt	3.6lt	111.91
Salt	8.00 1 Kg	1 Kg	8.00
Tea	31.33 250g	250g	31.33
SubTotal			ZMW 2,754.71

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	133.33 90kg bag(s)	2 90kg bag(s)	266.67
Soap (Lifebuoy/Champion)	9.43 Tablet(s)	3 Tablet(s)	28.28
Wash soap (BOOM)	13.50 400g	4 400g	53.99
Jelly (Vaseline)	25.58 500ml	1 500ml	25.58
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
Sanitaria towels	14.71 Pack of 10	2 Pack of 10	29.43
Toilet Paper (2ply)	4.57 Tissue(s)	6 Tissue(s)	27.42
Lotion (Dawn)	21.17 250ml	1 250ml	21.17
Subtotal			ZMW 4,449.54

Total for Basic Needs and Nutrition Basket

ZMW 7,204.24

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	310.00	Chilenje - Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Chelston - town	23.00
Grades 10-12 (User + PTA/year)	600.00	Matero - Town	20.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Malaria test	20.00	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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4845.56	5,221.71	5,324.60

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 July, 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, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The July Basic Needs Basket is approximately US\$395.84 based upon the exchange rate Of K18.20. Other costs would include personal care, clothing, recreation, etc.

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2020-07-31

Lusaka July 2020 Basic Needs and Nutrition Basket Report

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