

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.57 25 kg bag	2 x 25Kg	263.14
Rice	117.14 5kg	4kg	93.71
Cassava Flour	15.15 1kg	6kg	90.91
(Sweet) Potatoes	16.38 1 Kg	4 Kg	65.50
Beans	35.31 1kg	3kg	105.92
Pounded Groundnut	47.84 1kg	1kg	47.84
Soya Pieces	57.92 1 kg	2kg	115.84
Beef	32.17 1kg	2kg	64.33
Chicken	71.49 2kg	5kg	178.71
Kapenta	186.44 1kg	1kg	186.44
Eggs	14.29 1 unit (10 eggs)	3 Trays (90 eggs)	128.57
Milk (Fresh)	8.29 500 ml	10 liters	165.71
Vegetables	400.91 40 Kg	40kg	400.91
Onion	19.82 1 Kg	4 Kg	79.29
Tomatoes	11.61 1 kg	6 kg	69.64
Banana	18.38 1 Kg	16 Kg	294.03
Other Fruits	10.69 1 kg	14 Kg	149.60
Cooking oil (2.5lts)	89.00 2.5lt	3.6lt	128.16
Salt	9.80 1 kg	1 Kg	9.80
Tea	57.99 250g	250g	57.99
SubTotal			ZMW 2,696.03

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	133.20 90kg bag(s)	2 90kg bag(s)	266.40
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.17 400g	4 400g	56.66
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)	1,750.00 Month(s)	1 Month(s)	1,750.00
Sanitary towels	15.28 Pack of 10	2 Pack of 10	30.57
Toilet Paper (2ply)	3.13 Tissue(s)	6 Tissue(s)	18.80
Lotion (Dawn)	25.40 250ml	1 250ml	25.40
Subtotal			ZMW 2,657.81

Total for Basic Needs and Nutrition Basket

ZMW 5,353.84

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	180.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	120.00		
School Uniform (Grades 8-12)	180.00		
Health		Fuel (cost at the pump)	
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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,630.43	6,365.72	5,353.84.	4,893.93	6,077.84	5,203.27

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 May, 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 May Basic Needs Basket is approximately US\$299 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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

Reports

Advocacy on Living Conditions

2020-05-31

Livingstone May 2020 Basic Nutrition and Needs Basket Report

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