JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

October 2021

(A)) COST OF BAS	C FOOD ITEMS FOR	A FAMILY OF FIVE
-----	---------------	------------------	------------------

Rice 112.78 5kg 4kg 90.23 Cassava Flour 16.28 1kg 6kg 97.71 (Sweet) Potatoes 8.66 1 kg 4 kg 34.66 Beans 41.88 1kg 3kg 125.65 Pounded Groundnut 34.97 1kg 1kg 34.97 Soya Pieces 56.84 1kg 2kg 113.68 Beef 73.28 1kg 2kg 146.57 Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 kg 40kg 48.62 Onion 12.51 1 kg 4 kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.	Commodity	Price (ZMW)	/ Unit	Quantity / Month	Total (ZMW)
Cassava Flour 16.28 1kg 6kg 97.71 (Sweet) Potatoes 8.66 1 kg 4 kg 34.66 Beans 41.88 1kg 3kg 125.65 Pounded Groundnut 34.97 1kg 1kg 34.97 Soya Pieces 56.84 1 kg 2kg 113.68 Beef 73.28 1kg 2kg 146.57 Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 kg 40kg 438.62 Onion 12.51 1 kg 4 kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.47 Other Fruits 22.47 1 kg 14 kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt	Mealie Meal (Roller)	96.57	25 kg bag	2 x 25Kg	193.14
(Sweet) Potatoes 8.66 1 kg 4 kg 34.66 Beans 41.88 1kg 3kg 125.65 Pounded Groundnut 34.97 1kg 1kg 34.97 Soya Pieces 56.84 1 kg 2kg 113.68 Beef 73.28 1 kg 2kg 146.57 Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 40 kg 40kg 438.62 Onion 12.51 1 kg 4 kg 50.69 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.47 Other Fruits 22.47 1 kg 14 kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 kg 1 kg 1 kg <t< td=""><td>Rice</td><td>112.78</td><td>5kg</td><td>4kg</td><td>90.23</td></t<>	Rice	112.78	5kg	4kg	90.23
Beans 41.88 1kg 3kg 125.65 Pounded Groundnut 34.97 1kg 1kg 34.97 Soya Pieces 56.84 1 kg 2kg 113.68 Beef 73.28 1kg 2kg 146.57 Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 Kg 40kg 40kg 438.62 Onion 12.51 1 Kg 4 Kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 Kg 16 Kg 188.47 Other Fruits 22.47 1 kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 9.67	Cassava Flour	16.28	1kg	6kg	97.71
Pounded Groundnut 34.97 lkg 1kg 34.97 Soya Pieces 56.84 lkg 2kg 113.68 Beef 73.28 lkg 2kg 146.57 Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 lkg 1kg 290.63 Eggs 15.38 l unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 Kg 40kg 438.62 Onion 12.51 l Kg 4 Kg 50.06 Tomatoes 9.93 l kg 6 kg 59.59 Banana 11.78 l Kg 16 Kg 188.47 Other Fruits 22.47 l kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 l Kg 1 Kg 1 Kg 9.67	(Sweet) Potatoes	8.66	1 Kg	4 Kg	34.66
Soya Pieces 56.84 1 kg 2kg 113.68 Beef 73.28 1kg 2kg 146.57 Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 Kg 40kg 438.62 Onion 12.51 1 Kg 4 Kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 Kg 16 Kg 188.47 Other Fruits 22.47 1 kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 1 Kg 9.67	Beans	41.88	1kg	3kg	125.65
Beef 73.28 1kg 2kg 146.57 Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 Kg 40kg 438.62 Onion 12.51 1 Kg 4 Kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 Kg 16 Kg 188.47 Other Fruits 22.47 1 kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 1 Kg 9.67	Pounded Groundnut	34.97	1kg	1kg	34.97
Chicken 116.28 2kg 5kg 290.71 Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 Kg 40kg 438.62 Onion 12.51 1 Kg 4 Kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 Kg 16 Kg 188.47 Other Fruits 22.47 1 kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 1 Kg	Soya Pieces	56.84	1 kg	2kg	113.68
Kapenta 290.63 1kg 1kg 290.63 Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 kg 40kg 438.62 Onion 12.51 1 kg 4 kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.47 Other Fruits 22.47 1 kg 14 kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 kg 1 kg 9.67	Beef	73.28	1kg	2kg	146.57
Eggs 15.38 1 unit (10 eggs) 3 Trays (90 eggs) 138.42 Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 kg 40kg 438.62 Onion 12.51 1 kg 4 kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.47 Other Fruits 22.47 1 kg 14 kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 kg 1 kg 9.67	Chicken	116.28	2kg	5kg	290.71
Milk (Fresh) 12.21 500 ml 10 liters 244.26 Vegetables 438.62 40 kg 40kg 438.62 Onion 12.51 1 kg 4 kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.47 Other Fruits 22.47 1 kg 14 kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 kg 1 kg 9.67	Kapenta	290.63	1kg	1kg	290.63
Vegetables 438.62 40 kg 40kg 438.62 Onion 12.51 1 kg 4 kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.47 Other Fruits 22.47 1 kg 14 kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 kg 1 kg 9.67	Eggs	15.38	1 unit (10 eggs)	3 Trays (90 eggs)	138.42
Onion 12.51 1 Kg 4 Kg 50.06 Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 Kg 16 Kg 188.47 Other Fruits 22.47 1 kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 9.67	Milk (Fresh)	12.21	500 ml	10 liters	244.26
Tomatoes 9.93 1 kg 6 kg 59.59 Banana 11.78 1 kg 16 kg 188.47 Other Fruits 22.47 1 kg 14 kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 kg 1 kg 9.67	Vegetables	438.62	40 Kg	40kg	438.62
Banana 11.78 1 Kg 16 Kg 188.47 Other Fruits 22.47 1 kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 9.67	Onion	12.51	1 Kg	4 Kg	50.06
Other Fruits 22.47 1 kg 14 Kg 314.65 Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 9.67	Tomatoes	9.93	1 kg	6 kg	59.59
Cooking oil (2.5lts) 103.57 2.5lt 3.6lt 149.14 Salt 9.67 1 Kg 1 Kg 9.67	Banana	11.78	1 Kg	16 Kg	188.47
Salt 9.67 1 Kg 1 Kg 9.67	Other Fruits	22.47	1 kg	14 Kg	314.65
	Cooking oil (2.5lts)	103.57	2.5lt	3.6lt	149.14
Tea 58.57 250g 250g 58.57	Salt	9.67	1 Kg	1 Kg	9.67
2505	Tea	58.57	250g	250g	58.57

SubTotal ZMW 3,069.38

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW)	/ Unit	Qu	antity / Month	Total (ZMW)
Charcoal	360.00	90kg bag(s)	2	90kg bag(s)	720.00
Soap (Lifebuoy/Champion)	13.86	Tablet(s)	3	Tablet(s)	41.57
Wash soap (BOOM)	16.14	400g	4	400g	64.57
Jelly (Vaseline)	38.57	500ml	1	500ml	38.57
Electricity (medium density)	537.50	Month(s)	1	Month(s)	537.50
Water & Sanitation (med - fixed)	187.50	Month(s)	1	Month(s)	187.50
Housing (3 bedroom)	3,490.00	Month(s)	1	Month(s)	3,490.00
Sanitary towels	24.14	Pack of 10	2	Pack of 10	48.28
Toilet Paper (2ply)	7.08	Tissue(s)	6	Tissue(s)	42.50
Lotion (Dawn)	28.86	400ml	1	400ml	28.86

Subtotal ZMW 5,199.34

Total for Basic Needs and Nutrition Basket ZMW 8,268.72

(C) SOME OTHER ADDITIONAL COSTS

Education Transport (bus fare round

Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	23.00
School Uniform (Grades 8-12)	200.00	Matero - Town	20.00

Health Fuel (cost at the pump)

itemAmount (ZMW)ItemAmount (ZMW)Registration (book)5.00Petrol (per litre)17.62Diesel (per litre)15.59Paraffin (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	Mazabuk a
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.7 8	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

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 October, 2021 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 October Basic Needs Basket is approximately US\$480 based upon the exchange rate Of K17.22. 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

https://repository.jctr.org.zm

Reports

Advocacy on Living Conditions

2021-10-31

Lusaka October 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

https://hdl.handle.net/20.500.14274/805

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)