

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	96.57 25 kg bag	2 x 25Kg	193.14
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 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	9.67
Tea	58.57 250g	250g	58.57
SubTotal			ZMW 3,069.38

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / 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)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	5.00	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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
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	6,721.78	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.

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Reports

Advocacy on Living Conditions

2021-10-31

Lusaka October 2021 Basic Needs and Nutrition Basket Report

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