

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	98.28 25 kg bag	2 x 25Kg	196.57
Rice	98.33 5kg	4kg	78.67
Cassava Flour	13.00 1kg	6kg	78.01
(Sweet) Potatoes	11.64 1 Kg	4 Kg	46.56
Beans	39.23 1kg	3kg	117.69
Pounded Groundnut	60.51 1kg	1kg	60.51
Soya Pieces	61.90 1 kg	2kg	123.79
Beef	69.71 1kg	2kg	139.43
Chicken	122.43 2kg	5kg	306.06
Kapenta	226.32 1kg	1kg	226.32
Eggs	17.48 1 unit (10 eggs)	3 Trays (90 eggs)	157.28
Milk (Fresh)	14.56 500 ml	10 liters	291.29
Vegetables	511.75 40 Kg	40kg	511.75
Onion	13.71 1 Kg	4 Kg	54.84
Tomatoes	15.28 1 kg	6 kg	91.65
Banana	13.63 1 Kg	16 Kg	218.07
Other Fruits	26.87 1 kg	14 Kg	376.23
Cooking oil (2.5lts)	108.36 2.5lt	3.6lt	156.03
Salt	10.43 1 Kg	1 Kg	10.43
Tea	47.50 250g	250g	47.50
SubTotal			ZMW 3,288.68

(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)	13.83 Tablet(s)	3 Tablet(s)	41.50
Wash soap (BOOM)	16.50 400g	4 400g	65.99
Jelly (Vaseline)	44.21 500ml	1 500ml	44.21
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	15.86 Pack of 10	2 Pack of 10	31.71
Toilet Paper (2ply)	6.42 Tissue(s)	6 Tissue(s)	38.50
Lotion (Dawn)	28.85 400ml	1 400ml	28.85
Subtotal			ZMW 5,185.77

Total for Basic Needs and Nutrition Basket

ZMW 8,474.45

(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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

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 September, 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, Chanda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The September Basic Needs Basket is approximately US\$508 based upon the exchange rate Of K16.67. 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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Statements

Advocacy on Living Conditions

2021-09-30

Lusaka September 2021 Basic Needs And Nutrition Basket Report

Jesuit Center For Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/808>

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