

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.00 25 kg bag	2 x 25Kg	260.00
Rice	104.99 5kg	4kg	83.99
Cassava Flour	6.98 1kg	6kg	41.89
(Sweet) Potatoes	5.25 1 Kg	4 Kg	21.01
Beans	88.34 1kg	3kg	265.02
Pounded Groundnut	22.90 1kg	1kg	22.90
Soya Pieces	29.20 1 kg	2kg	58.39
Beef	41.17 1kg	2kg	82.33
Chicken	66.90 2kg	5kg	167.25
Kapenta	163.02 1kg	1kg	163.02
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	7.88 500 ml	10 liters	157.63
Vegetables	545.28 40 Kg	40kg	545.28
Onion	23.89 1 Kg	4 Kg	95.56
Tomatoes	9.74 1 kg	6 kg	58.47
Banana	13.91 1 Kg	16 Kg	222.55
Other Fruits	21.79 1 kg	14 Kg	305.00
Cooking oil (2.5lts)	87.83 2.5lt	3.6lt	126.48
Salt	8.01 1 kg	1 Kg	8.01
Tea	18.00 250g	250g	18.00
SubTotal			ZMW 2,815.26

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	147.60 90kg bag(s)	2 90kg bag(s)	295.20
Soap (Lifebuoy/Champion)	10.17 Tablet(s)	3 Tablet(s)	30.50
Wash soap (BOOM)	13.50 400g	4 400g	53.99
Jelly (Vaseline)	27.33 500ml	1 500ml	27.33
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	209.30 Month(s)	1 Month(s)	209.30
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	14.83 Pack of 10	2 Pack of 10	29.66
Toilet Paper (2ply)	7.04 Tissue(s)	6 Tissue(s)	42.25
Lotion (Dawn)	25.83 250ml	1 250ml	25.83
Subtotal			ZMW 2,664.06

Total for Basic Needs and Nutrition Basket

ZMW 5,479.33

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Mpatamatu-Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Roan - Kalala	12.00
		Newtown-Town	12.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	10.00	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
7,195.60	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 Mpatamatu Market, Buseko Market, Roan Market, Mikomfwa Market and Town Centre Shoprite. Additional information was obtained from ZESCO, the Kafubu Water and Sewerage Company and schools, clinics and houses around Luanshya. The May Basic Needs Basket is approximately US\$306 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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2020-05-31

Luanshya May 2020 Basic Nutrition and Needs Basket Report

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