

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	100.00 25 kg bag	2 x 25Kg	200.00
Rice	103.45 5kg	4kg	82.76
Cassava Flour	11.83 1kg	6kg	70.97
(Sweet) Potatoes	9.50 1 Kg	4 Kg	37.99
Beans	33.03 1kg	3kg	99.08
Pounded Groundnut	79.23 1kg	1kg	79.23
Soya Pieces	34.97 1 kg	2kg	69.95
Beef	38.98 1kg	2kg	77.96
Chicken	57.34 2kg	5kg	143.35
Kapenta	204.52 1kg	1kg	204.52
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.49
Milk (Fresh)	8.54 500 ml	10 liters	170.83
Vegetables	502.73 40 Kg	40kg	502.73
Onion	23.52 1 Kg	4 Kg	94.07
Tomatoes	9.83 1 kg	6 kg	58.97
Banana	12.69 1 Kg	16 Kg	203.03
Other Fruits	22.98 1 kg	14 Kg	321.67
Cooking oil (2.5lts)	76.01 2.5lt	3.6lt	109.45
Salt	8.21 1 kg	1 Kg	8.21
Tea	27.00 250g	250g	27.00

**SubTotal** **ZMW 2,674.28**

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	166.00 90kg bag(s)	2 90kg bag(s)	332.00
Soap (Lifebuoy/Champion)	9.78 Tablet(s)	3 Tablet(s)	29.35
Wash soap (BOOM)	14.14 400g	4 400g	56.56
Jelly (Vaseline)	26.36 500ml	1 500ml	26.36
Electricity (medium density)	500.00 Month(s)	1 Month(s)	500.00
Water & Sanitation (med - fixed)	197.00 Month(s)	1 Month(s)	197.00
Housing (3 bedroom)	3,300.00 Month(s)	1 Month(s)	3,300.00
Sanitary towels	14.36 Pack of 10	2 Pack of 10	28.71
Toilet Paper (2ply)	4.78 Tissue(s)	6 Tissue(s)	28.71
Lotion (Dawn)	22.64 250ml	1 250ml	22.64

**Subtotal** **ZMW 4,521.32**

**Total for Basic Needs and Nutrition Basket** **ZMW 7,195.60**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	310.00	Chilenje - Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Chelston - town	23.00
Grades 10-12 (User + PTA/year)	600.00	Matero - Town	20.00
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Malaria test	20.00	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 prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The May Basic Needs Basket is approximately US\$401 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

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