

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	168.00 25 kg bag	2 x 25Kg	336.00
Rice	107.48 5kg	4kg	85.99
Cassava Flour	14.49 1kg	6kg	86.96
(Sweet) Potatoes	9.54 1 Kg	4 Kg	38.16
Beans	50.65 1kg	3kg	151.95
Pounded Groundnut	31.17 1kg	1kg	31.17
Soya Pieces	59.70 1 kg	2kg	119.40
Beef	31.99 1kg	2kg	63.98
Chicken	59.00 2kg	5kg	147.49
Kapenta	149.53 1kg	1kg	149.53
Eggs	13.19 1 unit (10 eggs)	3 Trays (90 eggs)	118.71
Milk (Fresh)	7.08 500 ml	10 liters	141.65
Vegetables	307.53 40 Kg	40kg	307.53
Onion	13.35 1 Kg	4 Kg	53.40
Tomatoes	9.54 1 kg	6 kg	57.24
Banana	7.67 1 Kg	16 Kg	122.77
Other Fruits	8.42 1 kg	14 Kg	117.92
Cooking oil (2.5lts)	51.44 2.5lt	3.6lt	74.07
Salt	14.66 1 Kg	1 Kg	14.66
Tea	27.25 250g	250g	27.25
SubTotal			ZMW 2,245.82

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	60.00 90kg bag(s)	2 90kg bag(s)	120.00
Soap (Lifebuoy/Champion)	9.30 Tablet(s)	3 Tablet(s)	27.89
Wash soap (BOOM)	11.67 400g	4 400g	46.66
Jelly (Vaseline)	33.99 500ml	1 500ml	33.99
Electricity (medium density)	250.00 30 Days	1 30 Days	250.00
Water & Sanitation (med - fixed)	300.00 30 Days	1 30 Days	300.00
Housing (3 bedroom)	1,700.00 30 Days	1 30 Days	1,700.00
Sanitary towels	18.50 Pack of 10	2 Pack of 10	37.00
Toilet Paper (2ply)	4.05 Tissue(s)	6 Tissue(s)	24.30
Lotion (Dawn)	22.25 250ml	1 250ml	22.25
Subtotal			ZMW 2,562.09
Total for Basic Needs and Nutrition Basket			ZMW 4,807.91

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Dambwa-Town	16.00
Grades 10-12 (User + PTA/year)	600.00	Maramba-Town	14.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	20.00	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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

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 and Oranges.

This survey was conducted on 27th December, 2019 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 Town Centre Market, Dambwa Market, Maramba Market, Mbita Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The December Basic Needs Basket is approximately US\$347 based upon the exchange rate Of K13.85. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2019-12-31

Livingstone December 2019 Basic Needs and Nutrition Basket Report

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