

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.58 25 kg bag	2 x 25Kg	263.16
Rice	83.33 5kg	4kg	66.66
Cassava Flour	5.93 1kg	6kg	35.58
(Sweet) Potatoes	14.41 1 Kg	4 Kg	57.62
Beans	22.07 1kg	3kg	66.20
Pounded Groundnut	47.23 1kg	1kg	47.23
Soya Pieces	27.79 1 kg	2kg	55.59
Beef	41.33 1kg	2kg	82.66
Chicken	59.17 2kg	5kg	147.91
Kapenta	145.50 1kg	1kg	145.50
Eggs	11.56 1 unit (10 eggs)	3 Trays (90 eggs)	104.00
Milk (Fresh)	7.50 500 ml	10 liters	149.97
Vegetables	170.77 40 Kg	40kg	170.77
Onion	10.31 1 Kg	4 Kg	41.24
Tomatoes	8.16 1 kg	6 kg	48.97
Banana	10.80 1 Kg	16 Kg	172.86
Other Fruits	5.39 1 kg	14 Kg	75.44
Cooking oil (2.5lts)	59.17 2.5lt	3.6lt	85.20
Salt	5.84 1 Kg	1 Kg	5.84
Tea	11.00 250g	250g	11.00
SubTotal			ZMW 1,833.40

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	129.60 90kg bag(s)	2 90kg bag(s)	259.20
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.50
Wash soap (BOOM)	10.75 400g	4 400g	42.99
Jelly (Vaseline)	20.00 500g	1 500g	20.00
Jelly (Vaseline)	23.00 500ml	1 500ml	23.00
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	190.00 Month(s)	1 Month(s)	190.00
Housing (3 bedroom)	1,750.00 Month(s)	1 Month(s)	1,750.00
Sanitary towels	13.40 Pack of 10	2 Pack of 10	26.80
Toilet Paper (2ply)	3.05 Tissue(s)	6 Tissue(s)	18.30
Lotion (Dawn)	21.40 250ml	1 250ml	21.40
Subtotal			ZMW 2,678.18

Total for Basic Needs and Nutrition Basket

ZMW 4,511.58

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00	Mpatamatu-Town	20.00
Grades 8-9 (User + PTA/year)	600.00	Roan - Kalala	10.00
Grades 10-12 (User + PTA/year)	600.00		
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	15.00	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
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 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 December Basic Needs Basket is approximately US\$326 based upon the exchange rate Of K13.85. 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

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2019-12-31

Luanshya December 2019 Basic Needs and Nutrition Basket Report

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