

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	133.10 25 kg bag	2 x 25Kg	266.20
Rice	92.00 5kg	4kg	73.60
Cassava Flour	12.18 1kg	6kg	73.10
(Sweet) Potatoes	23.39 1 Kg	4 Kg	93.55
Beans	41.11 1kg	3kg	123.34
Pounded Groundnut	56.78 1kg	1kg	56.78
Soya Pieces	55.40 1 kg	2kg	110.79
Beef	36.50 1kg	2kg	73.00
Chicken	59.66 2kg	5kg	149.16
Kapenta	205.83 1kg	1kg	205.83
Eggs	10.69 1 unit (10 eggs)	3 Trays (90 eggs)	96.25
Milk (Fresh)	7.26 500 ml	10 liters	145.11
Vegetables	620.27 40 Kg	40kg	620.27
Onion	12.13 1 Kg	4 Kg	48.53
Tomatoes	9.56 1 kg	6 kg	57.36
Banana	16.76 1 Kg	16 Kg	268.12
Other Fruits	7.67 1 kg	14 Kg	107.31
Cooking oil (2.5lts)	58.21 2.5lt	3.6lt	83.82
Salt	7.00 1 Kg	1 Kg	7.00
Tea	25.92 250g	250g	25.92
SubTotal			ZMW 2,685.04

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	148.00 90kg bag(s)	2 90kg bag(s)	296.00
Soap (Lifebuoy/Champion)	7.71 Tablet(s)	3 Tablet(s)	23.14
Wash soap (BOOM)	10.21 400g	4 400g	40.86
Jelly (Vaseline)	25.17 500ml	1 500ml	25.17
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	197.00 Month(s)	1 Month(s)	197.00
Housing (3 bedroom)	3,000.00 Month(s)	1 Month(s)	3,000.00
Sanitary towels	11.08 Pack of 10	2 Pack of 10	22.17
Toilet Paper (2ply)	3.14 Tissue(s)	6 Tissue(s)	18.86
Lotion (Dawn)	20.50 250ml	1 250ml	20.50
Subtotal			ZMW 3,935.69
Total for Basic Needs and Nutrition Basket			ZMW 6,620.73

(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	Chilenje - Town	20.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	20.00
		Matero - Town	16.00
Health		Fuel (cost at the pump)	
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
Mosquito net (private)	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
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 prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chinda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$478 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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2019-12-31

Lusaka December 2019 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/829>

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