

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

February 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.17 25 kg bag	2 x 25Kg	234.33
Rice	138.33 5kg	4kg	110.66
Cassava Flour	5.78 1kg	6kg	34.70
(Sweet) Potatoes	10.20 1 Kg	4 Kg	40.79
Beans	42.90 1kg	3kg	128.71
Pounded Groundnut	44.10 1kg	1kg	44.10
Soya Pieces	21.99 1 kg	2kg	43.99
Beef	72.33 1kg	2kg	144.66
Chicken	104.27 2kg	5kg	260.67
Kapenta	161.55 1kg	1kg	161.55
Eggs	18.80 1 unit (10 eggs)	3 Trays (90 eggs)	169.19
Milk (Fresh)	13.08 500 ml	10 liters	261.65
Vegetables	309.33 40 Kg	40kg	309.33
Onion	18.31 1 Kg	4 Kg	73.25
Tomatoes	12.27 1 kg	6 kg	73.59
Banana	15.53 1 Kg	16 Kg	248.43
Other Fruits	36.43 1 kg	14 Kg	510.01
Cooking oil (2.5lts)	101.00 2.5lt	3.6lt	145.44
Salt	10.25 1 Kg	1 Kg	10.25
Tea	27.75 250g	250g	27.75
<b>SubTotal</b>			<b>ZMW 3,033.05</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	205.20 90kg bag(s)	2 90kg bag(s)	410.40
Soap (Lifebuoy/Champion)	11.00 Tablet(s)	3 Tablet(s)	33.00
Wash soap (BOOM)	15.00 400g	4 400g	59.99
Jelly (Vaseline)	35.67 500ml	1 500ml	35.67
Electricity (medium density)	320.00 Month(s)	1 Month(s)	320.00
Water & Sanitation (med - fixed)	224.00 Month(s)	1 Month(s)	224.00
Housing (3 bedroom)	1,260.00 Month(s)	1 Month(s)	1,260.00
Sanitary towels	19.33 Pack of 10	2 Pack of 10	38.66
Toilet Paper (2ply)	3.75 Tissue(s)	6 Tissue(s)	22.49
Lotion (Dawn)	32.83 400ml	1 400ml	32.83
<b>Subtotal</b>			<b>ZMW 2,437.04</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,470.09**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00	Roan - Kalala	12.00
Grades 8-9 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	425.00		
School Uniform (Grades 8-12)	545.00		

## **Health**

### **Fuel (cost at the pump)**

Item	Amount (ZMW)
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
8,512.31	4,140.66	4,886.58	4,738.68	6,274.28	6,341.32	5,430.74	4,692.96	4,757.20	5,470.09	6,605.92	6,853.91	6,107.43	5,594.66	5,388.13	5,759.64

### 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 27<sup>th</sup> February, 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 February Basic Needs Basket is approximately US\$251 based upon the exchange rate Of K21.83 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)**

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