

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

February 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.07 25 kg bag	2 x 25Kg	272.14
Rice	86.06 5kg	4kg	68.85
Cassava Flour	11.43 1kg	6kg	68.58
(Sweet) Potatoes	9.84 1 Kg	4 Kg	39.35
Beans	34.44 1kg	3kg	103.32
Pounded Groundnut	37.29 1kg	1kg	37.29
Soya Pieces	64.43 1 kg	2kg	128.85
Beef	40.98 1kg	2kg	81.97
Chicken	57.43 2kg	5kg	143.56
Kapenta	202.75 1kg	1kg	202.75
Eggs	10.57 1 unit (10 eggs)	3 Trays (90 eggs)	95.14
Milk (Fresh)	7.00 500 ml	10 liters	139.97
Vegetables	391.00 40 Kg	40kg	391.00
Onion	14.55 1 Kg	4 Kg	58.19
Tomatoes	10.15 1 kg	6 kg	60.92
Banana	10.73 1 Kg	16 Kg	171.66
Other Fruits	26.36 1 kg	14 Kg	369.04
Cooking oil (2.5lts)	60.21 2.5lt	3.6lt	86.71
Salt	6.32 1 kg	1 Kg	6.32
Tea	26.36 250g	250g	26.36
<b>SubTotal</b>			<b>ZMW 2,551.98</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	8.36 Tablet(s)	3 Tablet(s)	25.07
Wash soap (BOOM)	11.00 400g	4 400g	43.99
Jelly (Vaseline)	27.50 500ml	1 500ml	27.50
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	12.29 Pack of 10	2 Pack of 10	24.57
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	21.78 250ml	1 250ml	21.78
<b>Subtotal</b>			<b>ZMW 4,463.92</b>

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

**ZMW 7,015.90**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	23.00
School Uniform (Grades 1-7)	310.00	Matero - Town	20.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
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
7,015.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,703.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5346.30	4885.84	5,122.10	5,437.68

### 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 24th February, 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, Chanda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The February Basic Needs Basket is approximately US\$457 based upon the exchange rate Of K14.71. Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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