

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

February 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	99.86 25 kg bag	2 x 25Kg	199.71
Rice	108.36 5kg	4kg	86.68
Cassava Flour	15.33 1kg	6kg	91.96
(Sweet) Potatoes	16.43 1 Kg	4 Kg	65.71
Beans	62.05 1kg	3kg	186.14
Pounded Groundnut	53.86 1kg	1kg	53.86
Soya Pieces	89.75 1 kg	2kg	179.50
Beef	65.00 1kg	2kg	130.00
Chicken	79.07 2kg	5kg	197.66
Kapenta	278.28 1kg	1kg	278.28
Eggs	16.29 1 unit (10 eggs)	3 Trays (90 eggs)	146.57
Milk (Fresh)	14.21 500 ml	10 liters	284.26
Vegetables	444.31 40 Kg	40kg	444.31
Onion	17.69 1 Kg	4 Kg	70.75
Tomatoes	12.20 1 kg	6 kg	73.21
Banana	15.03 1 Kg	16 Kg	240.55
Other Fruits	38.45 1 kg	14 Kg	538.34
Cooking oil (2.5lts)	106.79 2.5lt	3.6lt	153.77
Salt	9.71 1 kg	1 Kg	9.71
Tea	42.17 250g	250g	42.17
SubTotal			ZMW 3,473.15

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	279.00 90kg bag(s)	2 90kg bag(s)	558.00
Soap (Lifebuoy/Champion)	12.07 Tablet(s)	3 Tablet(s)	36.21
Wash soap (BOOM)	14.64 400g	4 400g	58.57
Jelly (Vaseline)	67.28 500ml	1 500ml	67.28
Electricity (medium density)	537.50 Month(s)	1 Month(s)	537.50
Water & Sanitation (med - fixed)	187.50 Month(s)	1 Month(s)	187.50
Housing (3 bedroom)	3,490.00 Month(s)	1 Month(s)	3,490.00
Sanitary towels	20.86 Pack of 10	2 Pack of 10	41.71
Toilet Paper (2ply)	5.97 Tissue(s)	6 Tissue(s)	35.83
Lotion (Dawn)	26.57 400ml	1 400ml	26.57
Subtotal			ZMW 5,039.17

Total for Basic Needs and Nutrition Basket

ZMW 8,512.31

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round</u>	
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 8-12)	200.00	Matero - Town	20.00
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	3.00	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
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 27th February, 2021 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\$390 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-02-28

Lusaka February 2021 Basic Needs and Nutrition Basket Report

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