

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

September 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	81.40 25 kg bag	2 x 25Kg	162.80
Rice	132.50 5kg	4kg	106.00
Cassava Flour	14.84 1kg	6kg	89.02
(Sweet) Potatoes	15.34 1 Kg	4 Kg	61.36
Beans	62.55 1kg	3kg	187.65
Pounded Groundnut	46.67 1kg	1kg	46.67
Soya Pieces	61.32 1 kg	2kg	122.65
Beef	34.50 1kg	2kg	68.99
Chicken	70.00 2kg	5kg	174.99
Kapenta	180.35 1kg	1kg	180.35
Eggs	14.88 1 unit (10 eggs)	3 Trays (90 eggs)	133.89
Milk (Fresh)	7.93 500 ml	10 liters	158.56
Vegetables	391.46 40 Kg	40kg	391.46
Onion	18.76 1 Kg	4 Kg	75.04
Tomatoes	11.12 1 kg	6 kg	66.71
Banana	10.95 1 Kg	16 Kg	175.23
Other Fruits	32.41 1 kg	14 Kg	453.77
Cooking oil (2.5lts)	80.71 2.5lt	3.6lt	116.23
Salt	14.00 1 kg	1 Kg	14.00
Tea	39.60 250g	250g	39.60
<b>SubTotal</b>			<b>ZMW 2,824.96</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	116.60 90kg bag(s)	2 90kg bag(s)	233.20
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	29.50 500g	1 500g	29.50
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
Water & Sanitation (med - fixed)	200.00 Month(s)	1 Month(s)	200.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	19.14 Pack of 10	2 Pack of 10	38.28
Toilet Paper (2ply)	4.61 Tissue(s)	6 Tissue(s)	27.67
Lotion (Dawn)	25.80 250ml	1 250ml	25.80
<b>Subtotal</b>			<b>ZMW 2,391.10</b>

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

**ZMW 5,216.06**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	180.00	Victoria Falls-Town	30.00
Grades 10-12 (User + PTA/year)	200.00		

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	50.00	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
7,071.37	4,059.66	4,386.81	4,143.46	5,989.51	6,110.27	6,18.49	5,711.22	4,217.60	5,162.82	6,344.55	6,569.49	5,216.06	4,998.58	5,711.22	5,591.40

### 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 September, 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 Town Centre Market, Dambwa Market, Maramba Market, Mbita Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The September Basic Needs Basket is approximately US\$261.260 based upon the exchange rate Of K19.9650. Other costs would include personal care, clothing, and recreation.

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**JCTR Repository**

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

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