

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	93.64 25 kg bag	2 x 25Kg	187.28
Rice	119.40 5kg	4kg	95.52
Cassava Flour	14.67 1kg	6kg	88.03
(Sweet) Potatoes	9.45 1 Kg	4 Kg	37.82
Beans	36.62 1kg	3kg	109.86
Pounded Groundnut	45.41 1kg	1kg	45.41
Soya Pieces	44.94 1 kg	2kg	89.88
Beef	54.86 1kg	2kg	109.71
Chicken	77.43 2kg	5kg	193.56
Kapenta	191.40 1kg	1kg	191.40
Eggs	13.05 1 unit (10 eggs)	3 Trays (90 eggs)	117.42
Milk (Fresh)	9.50 500 ml	10 liters	189.97
Vegetables	430.19 40 Kg	40kg	430.19
Onion	9.85 1 Kg	4 Kg	39.40
Tomatoes	8.84 1 kg	6 kg	53.05
Banana	10.22 1 Kg	16 Kg	163.57
Other Fruits	14.76 1 kg	14 Kg	206.65
Cooking oil (2.5lts)	83.36 2.5lt	3.6lt	120.03
Salt	11.28 1 kg	1 Kg	11.28
Tea	27.83 250g	250g	27.83
SubTotal			ZMW 2,507.90

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	146.00 90kg bag(s)	2 90kg bag(s)	292.00
Soap (Lifebuoy/Champion)	11.93 Tablet(s)	3 Tablet(s)	35.78
Wash soap (BOOM)	14.28 400g	4 400g	57.14
Jelly (Vaseline)	70.49 500ml	1 500ml	70.49
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	18.43 Pack of 10	2 Pack of 10	36.85
Toilet Paper (2ply)	6.14 Tissue(s)	6 Tissue(s)	36.85
Lotion (Dawn)	26.28 250ml	1 250ml	26.28
Subtotal			ZMW 4,552.40

Total for Basic Needs and Nutrition Basket

ZMW 7,060.29

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	310.00	Chilenje - Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Chelston - town	23.00
Grades 10-12 (User + PTA/year)	600.00	Matero - Town	20.00
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)	15.39
Malaria test	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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

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 October, 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, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The October Basic Needs Basket is approximately US\$347 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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2020-10-31

Lusaka October 2020 Basic Needs and Nutrition Basket Report

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