

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	83.33 25 kg bag	2 x 25Kg	166.66
Rice	125.83 5kg	4kg	100.66
Cassava Flour	7.77 1kg	6kg	46.59
(Sweet) Potatoes	5.78 1 Kg	4 Kg	23.14
Beans	48.44 1kg	3kg	145.33
Pounded Groundnut	43.19 1kg	1kg	43.19
Soya Pieces	25.69 1 kg	2kg	51.39
Beef	49.83 1kg	2kg	99.66
Chicken	89.27 2kg	5kg	223.17
Kapenta	206.62 1kg	1kg	206.62
Eggs	15.56 1 unit (10 eggs)	3 Trays (90 eggs)	140.00
Milk (Fresh)	8.17 500 ml	10 liters	163.30
Vegetables	299.56 40 Kg	40kg	299.56
Onion	17.62 1 Kg	4 Kg	70.49
Tomatoes	11.09 1 kg	6 kg	66.53
Banana	15.04 1 Kg	16 Kg	240.65
Other Fruits	19.24 1 kg	14 Kg	269.37
Cooking oil (2.5lts)	97.83 2.5lt	3.6lt	140.88
Salt	9.26 1 kg	1 Kg	9.26
Tea	20.17 250g	250g	20.17
SubTotal			ZMW 2,526.61

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	129.60 90kg bag(s)	2 90kg bag(s)	259.20
Soap (Lifebuoy/Champion)	9.58 Tablet(s)	3 Tablet(s)	28.75
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	27.67 500ml	1 500ml	27.67
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	209.30 Month(s)	1 Month(s)	209.30
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	15.20 Pack of 10	2 Pack of 10	30.40
Toilet Paper (2ply)	3.53 Tissue(s)	6 Tissue(s)	21.17
Lotion (Dawn)	27.67 250ml	1 250ml	27.67
Subtotal			ZMW 2,610.80

Total for Basic Needs and Nutrition Basket

ZMW 5,137.41

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	600.00	Mpatamatu-Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Newtown-Town	12.00
		Roan-Town	12.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Malaria test	15.00	Diesel (per litre)	15.59
Consultation Fee	50.00	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 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 October Basic Needs Basket is approximately US\$266 based upon the exchange rate of K20.35. 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)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2020-10-31

Luanshya October 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/879>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)