

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	83.30 25 kg bag	2 x 25Kg	166.60
Rice	208.33 5kg	4kg	166.66
(Sweet) Potatoes	15.15 1 Kg	4 Kg	60.61
Beans	51.39 1kg	3kg	154.16
Pounded Groundnut	46.28 1kg	1kg	46.28
Soya Pieces	61.09 1 kg	2kg	122.18
Beef	37.98 1kg	2kg	75.96
Chicken	70.00 2kg	5kg	174.99
Kapenta	184.97 1kg	1kg	184.97
Eggs	19.81 1 unit (10 eggs)	3 Trays (90 eggs)	178.25
Milk (Fresh)	7.75 500 ml	10 liters	154.99
Vegetables	361.28 40 Kg	40kg	361.28
Onion	19.20 1 Kg	4 Kg	76.81
Tomatoes	10.81 1 kg	6 kg	64.83
Banana	9.99 1 Kg	16 Kg	159.84
Other Fruits	27.27 1 kg	14 Kg	381.82
Cooking oil (2.5lts)	81.24 2.5lt	3.6lt	116.98
Salt	15.00 1 Kg	1 Kg	15.00
Tea	41.98 250g	250g	41.98
SubTotal			ZMW 2,704.18

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	140.40 90kg bag(s)	2 90kg bag(s)	280.80
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.17 400g	4 400g	54.33
Jelly (Vaseline)	28.80 500ml	1 500ml	28.80
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)	1,750.00 Month(s)	1 Month(s)	1,750.00
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	4.60 Tissue(s)	6 Tissue(s)	27.60
Lotion (Dawn)	27.33 250ml	1 250ml	27.33
Subtotal			ZMW 2,684.85
Total for Basic Needs and Nutrition Basket			ZMW 5,389.03

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	180.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	120.00		
Grades 8-12 (User + PTA/year)	270.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)		
Malaria test	15.00		
Consultation Fee	50.00		

(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 Town Centre Market, Dambwa Market, Maramba Market, Mbata Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The October Basic Needs Basket is approximately US\$265 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-10-31

Livingstone October 2020 Basic Needs and Nutrition Basket Report

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