

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.67 25 kg bag	2 x 25Kg	203.33
Rice	153.99 5kg	4kg	123.19
(Sweet) Potatoes	18.14 1 Kg	4 Kg	72.56
Beans	49.32 1kg	3kg	147.96
Pounded Groundnut	60.42 1kg	1kg	60.42
Soya Pieces	60.74 1 kg	2kg	121.47
Beef	52.25 1kg	2kg	104.50
Chicken	114.99 2kg	5kg	287.48
Kapenta	279.99 1kg	1kg	279.99
Eggs	20.56 1 unit (10 eggs)	3 Trays (90 eggs)	185.00
Milk (Fresh)	14.12 500 ml	10 liters	282.49
Vegetables	452.72 40 Kg	40kg	452.72
Onion	16.47 1 Kg	4 Kg	65.86
Tomatoes	11.65 1 kg	6 kg	69.91
Banana	10.42 1 Kg	16 Kg	166.72
Other Fruits	24.54 1 kg	14 Kg	343.56
Cooking oil (2.5lts)	111.04 2.5lt	3.6lt	159.90
Salt	7.00 1 Kg	1 Kg	7.00
Tea	49.58 250g	250g	49.58
<b>SubTotal</b>			<b>ZMW 3,183.63</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	14.82 Tablet(s)	3 Tablet(s)	44.46
Wash soap (BOOM)	17.00 400g	4 400g	68.00
Jelly (Vaseline)	30.00 500ml	1 500ml	30.00
Electricity (medium density)	274.00 Month(s)	1 Month(s)	274.00
Water & Sanitation (med - fixed)	230.00 Month(s)	1 Month(s)	230.00
Housing (3 bedroom)	1,628.00 Month(s)	1 Month(s)	1,628.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	10.00 Tissue(s)	6 Tissue(s)	60.00
Lotion (Dawn)	28.75 400ml	1 400ml	28.75
<b>Subtotal</b>			<b>ZMW 2,681.20</b>

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

**ZMW 5,864.83**

## (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)	600.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	1,280.00		
Grades 10-12 (User + PTA/year)	1,700.00		
School Uniform	242.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
		Item	Amount (ZMW)
		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

### 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 27<sup>th</sup> August, 2021 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 August Basic Needs Basket is approximately US\$365 based upon the exchange rate Of K19.20 Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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