

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

July 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	90.00 25 kg bag	2 x 25Kg	180.00
Rice	132.50 5kg	4kg	106.00
Cassava Flour	15.06 1kg	6kg	90.36
(Sweet) Potatoes	16.46 1 Kg	4 Kg	65.83
Beans	53.42 1kg	3kg	160.25
Pounded Groundnut	35.18 1kg	1kg	35.18
Soya Pieces	61.32 1 kg	2kg	122.65
Beef	32.67 1kg	2kg	65.33
Chicken	73.00 2kg	5kg	182.49
Kapenta	178.32 1kg	1kg	178.32
Eggs	17.00 1 unit (10 eggs)	3 Trays (90 eggs)	153.00
Milk (Fresh)	8.43 500 ml	10 liters	168.56
Vegetables	390.48 40 Kg	40kg	390.48
Onion	19.63 1 Kg	4 Kg	78.52
Tomatoes	10.15 1 kg	6 kg	60.88
Banana	14.27 1 Kg	16 Kg	228.30
Other Fruits	22.73 1 kg	14 Kg	318.18
Cooking oil (2.5lts)	70.57 2.5lt	3.6lt	101.62
Salt	11.00 1 Kg	1 Kg	11.00
Tea	39.60 250g	250g	39.60
<b>SubTotal</b>			<b>ZMW 2,736.54</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	95.40 90kg bag(s)	2 90kg bag(s)	190.80
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	26.75 500ml	1 500ml	26.75
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	15.71 Pack of 10	2 Pack of 10	31.43
Toilet Paper (2ply)	4.44 Tissue(s)	6 Tissue(s)	26.67
Lotion (Dawn)	27.40 250ml	1 250ml	27.40
<b>Subtotal</b>			<b>ZMW 2,339.70</b>

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

**ZMW 5,076.23**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round Item</i>	<i>Amount (ZMW)</i>
Grades 1-7 (User + PTA/year)	180.00	Victoria Falls-Town	30.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	120.00		
School Uniform (Grades 8-12)	180.00		

<i>Health item</i>	<i>Amount (ZMW)</i>	<i>Fuel (cost at the pump) Item</i>	<i>Amount (ZMW)</i>
Malaria test	15.00	Petrol (per litre)	17.62
Consultation Fee	50.00	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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4,845.56	5,221.71	5,324.60

### 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 July, 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 July Basic Needs Basket is approximately US\$296 based upon the exchange rate Of K18.20. Other costs would include personal care, clothing, recreation, etc

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**JCTR Repository**

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

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