

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.92 25 kg bag	2 x 25Kg	271.83
Rice	82.75 5kg	4kg	66.20
Cassava Flour	11.90 1kg	6kg	71.42
(Sweet) Potatoes	16.92 1 Kg	4 Kg	67.67
Beans	33.57 1kg	3kg	100.72
Pounded Groundnut	53.43 1kg	1kg	53.43
Soya Pieces	41.75 1 kg	2kg	83.50
Beef	39.85 1kg	2kg	79.71
Chicken	58.49 2kg	5kg	146.23
Kapenta	299.07 1kg	1kg	299.07
Eggs	9.23 1 unit (10 eggs)	3 Trays (90 eggs)	83.11
Milk (Fresh)	7.71 500 ml	10 liters	154.23
Vegetables	669.77 40 Kg	40kg	669.77
Onion	37.72 1 Kg	4 Kg	150.88
Tomatoes	19.76 1 kg	6 kg	118.58
Banana	13.28 1 Kg	16 Kg	212.51
Other Fruits	31.42 1 kg	14 Kg	439.93
Cooking oil (2.5lts)	60.07 2.5lt	3.6lt	86.50
Salt	6.32 1 kg	1 Kg	6.32
Tea	25.78 250g	250g	25.78
<b>SubTotal</b>			<b>ZMW 3,187.42</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	8.28 Tablet(s)	3 Tablet(s)	24.85
Wash soap (BOOM)	10.36 400g	4 400g	41.42
Jelly (Vaseline)	27.20 500ml	1 500ml	27.20
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)	3,000.00 Month(s)	1 Month(s)	3,000.00
Sanitary towels	12.25 Pack of 10	2 Pack of 10	24.50
Toilet Paper (2ply)	4.21 Tissue(s)	6 Tissue(s)	25.27
Lotion (Dawn)	23.30 250ml	1 250ml	23.30
<b>Subtotal</b>			<b>ZMW 4,223.54</b>

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

**ZMW 7,410.96**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	23.00
		Matero - Town	20.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Mosquito net (private)	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
7,410.96	3,801.29	3,658.82	3,927.78	5,870.13	4,984.47	5,558.42	4,269.48	3,732.43	4,914.74	5,095.38	5,863.53	5,242.63	4,602.95	4,863.79	4,923.41

### 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 and Oranges.

This survey was conducted on 27th January, 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, Chanda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The January Basic Needs Basket is approximately US\$509 based upon the exchange rate Of K14.56. 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

---

2020-01-30

# Lusaka January 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/900>

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