

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

July 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	104.99 5kg	4kg	83.99
Cassava Flour	5.41 1kg	6kg	32.48
(Sweet) Potatoes	6.06 1 Kg	4 Kg	24.24
Beans	44.25 1kg	3kg	132.74
Pounded Groundnut	42.88 1kg	1kg	42.88
Soya Pieces	29.56 1 kg	2kg	59.12
Beef	40.50 1kg	2kg	81.00
Chicken	69.58 2kg	5kg	173.94
Kapenta	202.50 1kg	1kg	202.50
Eggs	13.33 1 unit (10 eggs)	3 Trays (90 eggs)	120.00
Milk (Fresh)	7.92 500 ml	10 liters	158.30
Vegetables	260.45 40 Kg	40kg	260.45
Onion	20.91 1 Kg	4 Kg	83.65
Tomatoes	11.80 1 kg	6 kg	70.79
Banana	14.03 1 Kg	16 Kg	224.42
Other Fruits	33.35 1 kg	14 Kg	466.87
Cooking oil (2.5lts)	87.50 2.5lt	3.6lt	126.00
Salt	9.17 1 Kg	1 Kg	9.17
Tea	21.83 250g	250g	21.83
SubTotal			ZMW 2,541.05

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	147.60 90kg bag(s)	2 90kg bag(s)	295.20
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.17 400g	4 400g	56.66
Jelly (Vaseline)	28.20 500ml	1 500ml	28.20
Electricity (medium density)	325.00 Month(s)	1 Month(s)	325.00
Water & Sanitation (med - fixed)	209.30 Month(s)	1 Month(s)	209.30
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	14.67 Pack of 10	2 Pack of 10	29.33
Toilet Paper (2ply)	3.72 Tissue(s)	6 Tissue(s)	22.30
Lotion (Dawn)	26.00 250ml	1 250ml	26.00
Subtotal			ZMW 3,021.98

Total for Basic Needs and Nutrition Basket

ZMW 5,563.03

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Mpatamatu-Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Roan - Kalala	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
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	10.00	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
7,204.24	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 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 July Basic Needs Basket is approximately US\$305.66 based upon the exchange rate Of K18.20. Other costs would include personal care, clothing, recreation, etc

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2020-07-31

Luanshya July 2020 Basic Needs and Nutrition Basket Report

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