

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

February 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	179.16 25 kg bag	2 x 25Kg	358.33
Rice	77.75 5kg	4kg	62.20
Cassava Flour	14.49 1kg	6kg	86.96
(Sweet) Potatoes	16.01 1 Kg	4 Kg	64.04
Beans	64.54 1kg	3kg	193.61
Pounded Groundnut	52.26 1kg	1kg	52.26
Soya Pieces	44.04 1 kg	2kg	88.08
Beef	26.29 1kg	2kg	52.58
Chicken	67.50 2kg	5kg	168.74
Kapenta	172.49 1kg	1kg	172.49
Eggs	13.69 1 unit (10 eggs)	3 Trays (90 eggs)	123.21
Milk (Fresh)	7.57 500 ml	10 liters	151.42
Vegetables	272.00 40 Kg	40kg	272.00
Onion	10.99 1 kg	4 Kg	43.98
Tomatoes	11.38 1 kg	6 kg	68.27
Banana	8.07 1 Kg	16 Kg	129.17
Other Fruits	21.04 1 kg	14 Kg	294.55
Cooking oil (2.5lts)	59.82 2.5lt	3.6lt	86.14
Salt	9.80 1 kg	1 Kg	9.80
Tea	22.69 250g	250g	22.69
SubTotal			ZMW 2,500.49

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	9.25 Tablet(s)	3 Tablet(s)	27.74
Wash soap (BOOM)	11.87 400g	4 400g	47.49
Wash soap (BOOM)	12.00 Tablet(s)	3 Tablet(s)	36.00
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)	2,000.00
Sanitary towels	15.28 Pack of 10	2 Pack of 10	30.57
Toilet Paper (2ply)	3.06 Tissue(s)	6 Tissue(s)	18.37
Lotion (Dawn)	19.67 250ml	1 250ml	19.67
Subtotal			ZMW 2,595.84

Total for Basic Needs and Nutrition Basket

ZMW 5,346.30

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grades 1-7)	180.00	Victoria Falls-Town	20.00
School Uniform (Grades 8-9)	200.00		

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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
7,015.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,703.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5346.30	4885.84	5,122.10	5,437.68

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 24th February, 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 February Basic Needs Basket is approximately US\$363 based upon the exchange rate Of K14.71. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2020-02-28

Kitwe February 2020 Basic Needs and Nutrition Basket Report

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