

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	87.17 25 kg bag	2 x 25Kg	174.33
Rice	365.79 5kg	4kg	292.63
(Sweet) Potatoes	18.77 1 Kg	4 Kg	75.06
Beans	44.02 1kg	3kg	132.06
Pounded Groundnut	65.81 1kg	1kg	65.81
Soya Pieces	66.67 1 kg	2kg	133.33
Beef	59.50 1kg	2kg	119.00
Chicken	107.45 2kg	5kg	268.63
Kapenta	309.62 1kg	1kg	309.62
Eggs	20.55 1 unit (10 eggs)	3 Trays (90 eggs)	184.98
Milk (Fresh)	14.08 500 ml	10 liters	281.67
Vegetables	413.80 40 Kg	40kg	413.80
Onion	12.85 1 Kg	4 Kg	51.41
Tomatoes	13.92 1 kg	6 kg	83.51
Banana	9.91 1 Kg	16 Kg	158.56
Other Fruits	28.37 1 kg	14 Kg	397.16
Cooking oil (2.5lts)	107.25 2.5lt	3.6lt	154.44
Salt	14.16 1 Kg	1 Kg	14.16
Tea	33.01 250g	250g	33.01
<b>SubTotal</b>			<b>ZMW 3,343.18</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	149.40 90kg bag(s)	2 90kg bag(s)	298.80
Soap (Lifebuoy/Champion)	14.99 Tablet(s)	3 Tablet(s)	44.96
Wash soap (BOOM)	17.50 400g	4 400g	69.98
Jelly (Vaseline)	47.50 500ml	1 500ml	47.50
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	21.66 Pack of 10	2 Pack of 10	43.33
Toilet Paper (2ply)	9.74 Tissue(s)	6 Tissue(s)	58.43
Lotion (Dawn)	34.00 400ml	1 400ml	34.00
<b>Subtotal</b>			<b>ZMW 2,728.99</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,072.17</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
		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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

### 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> September, 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 September Basic Needs Basket is approximately US\$364 based upon the exchange rate Of K16.67 Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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Statements

Advocacy on Living Conditions

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2021-09-30

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