

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	96.14 25 kg bag	2 x 25Kg	192.28
Rice	112.36 5kg	4kg	89.88
Cassava Flour	15.29 1kg	6kg	91.71
(Sweet) Potatoes	11.80 1 Kg	4 Kg	47.19
Beans	36.82 1kg	3kg	110.47
Pounded Groundnut	45.70 1kg	1kg	45.70
Soya Pieces	54.40 1 kg	2kg	108.81
Beef	69.29 1kg	2kg	138.57
Chicken	122.71 2kg	5kg	306.78
Kapenta	227.40 1kg	1kg	227.40
Eggs	19.24 1 unit (10 eggs)	3 Trays (90 eggs)	173.14
Milk (Fresh)	13.64 500 ml	10 liters	272.83
Vegetables	501.84 40 Kg	40kg	501.84
Onion	14.38 1 Kg	4 Kg	57.52
Tomatoes	10.64 1 kg	6 kg	63.84
Banana	15.85 1 Kg	16 Kg	253.54
Other Fruits	21.27 1 kg	14 Kg	297.82
Cooking oil (2.5lts)	103.43 2.5lt	3.6lt	148.94
Salt	12.64 1 Kg	1 Kg	12.64
Tea	52.14 250g	250g	52.14
SubTotal			ZMW 3,193.04

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	369.20 90kg bag(s)	2 90kg bag(s)	738.40
Soap (Lifebuoy/Champion)	14.14 Tablet(s)	3 Tablet(s)	42.42
Wash soap (BOOM)	17.50 400g	4 400g	69.98
Jelly (Vaseline)	40.53 500ml	1 500ml	40.53
Electricity (medium density)	537.50 Month(s)	1 Month(s)	537.50
Water & Sanitation (med - fixed)	187.50 Month(s)	1 Month(s)	187.50
Housing (3 bedroom)	3,490.00 Month(s)	1 Month(s)	3,490.00
Sanitary towels	21.43 Pack of 10	2 Pack of 10	42.85
Toilet Paper (2ply)	6.71 Tissue(s)	6 Tissue(s)	40.28
Lotion (Dawn)	31.14 400ml	1 400ml	31.14
Subtotal			ZMW 5,220.60

Total for Basic Needs and Nutrition Basket

ZMW 8,413.65

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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
School Uniform (Grades 8-12)	200.00	Matero - Town	20.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	3.00	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
8,413.81	4,652.72	5,139.10	4,78.49	6,661.47	7,843.88	5,341.74	6,021.33	5,467.43	6,153.81	7,704.15	7,378.28	5,864.83	5,965.65	5,957.59	6,222.39

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 August, 2021 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, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The August Basic Needs Basket is approximately US\$523 based upon the exchange rate Of K19.20. 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

2022-08-31

Lusaka August 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/923>

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