

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.33 25 kg bag	2 x 25Kg	202.66
Rice	172.49 5kg	4kg	137.99
Cassava Flour	11.55 1kg	6kg	69.31
(Sweet) Potatoes	8.91 1 Kg	4 Kg	35.62
Beans	41.29 1kg	3kg	123.88
Pounded Groundnut	46.85 1kg	1kg	46.85
Soya Pieces	25.93 1 kg	2kg	51.87
Beef	77.67 1kg	2kg	155.35
Chicken	146.09 2kg	5kg	365.23
Kapenta	161.69 1kg	1kg	161.69
Eggs	20.89 1 unit (10 eggs)	3 Trays (90 eggs)	188.00
Milk (Fresh)	13.83 500 ml	10 liters	276.63
Vegetables	390.67 40 Kg	40kg	390.67
Onion	23.68 1 Kg	4 Kg	94.73
Tomatoes	11.87 1 kg	6 kg	71.24
Banana	22.11 1 Kg	16 Kg	353.82
Other Fruits	48.66 1 kg	14 Kg	681.27
Cooking oil (2.5lts)	101.50 2.5lt	3.6lt	146.16
Salt	10.74 1 Kg	1 Kg	10.74
Tea	23.08 250g	250g	23.08
<b>SubTotal</b>			<b>ZMW 3,586.81</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	255.60 90kg bag(s)	2 90kg bag(s)	511.20
Soap (Lifebuoy/Champion)	14.83 Tablet(s)	3 Tablet(s)	44.50
Wash soap (BOOM)	17.17 400g	4 400g	68.66
Jelly (Vaseline)	31.83 500ml	1 500ml	31.83
Electricity (medium density)	320.00 Month(s)	1 Month(s)	320.00
Water & Sanitation (med - fixed)	224.00 Month(s)	1 Month(s)	224.00
Housing (3 bedroom)	1,260.00 Month(s)	1 Month(s)	1,260.00
Sanitary towels	20.83 Pack of 10	2 Pack of 10	41.66
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	25.99
Lotion (Dawn)	39.17 400ml	1 400ml	39.17
<b>Subtotal</b>			<b>ZMW 2,567.01</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,153.81</b>

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	100.00		
Grades 8-9 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	425.00		
School Uniform (Grades 8-12)	545.00		
<b>Health</b>		<i>Fuel (cost at the pump)</i>	
		<b>Item</b>	
		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

### 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> August, 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 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 August Basic Needs Basket is approximately US\$382 based upon the exchange rate Of K16.09 Other costs would include personal care, clothing, recreation, etc.

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