

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

February 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	108.82 25 kg bag	2 x 25Kg	217.64
Rice	116.25 5kg	4kg	93.00
Cassava Flour	15.63 1kg	6kg	93.75
(Sweet) Potatoes	54.54 1 Kg	4 Kg	218.18
Beans	56.70 1kg	3kg	170.11
Pounded Groundnut	70.33 1kg	1kg	70.33
Soya Pieces	63.51 1 kg	2kg	127.03
Beef	43.67 1kg	2kg	87.33
Chicken	75.00 2kg	5kg	187.49
Kapenta	271.84 1kg	1kg	271.84
Eggs	16.67 1 unit (10 eggs)	3 Trays (90 eggs)	149.99
Milk (Fresh)	13.62 500 ml	10 liters	272.49
Vegetables	307.26 40 Kg	40kg	307.26
Onion	16.97 1 Kg	4 Kg	67.90
Tomatoes	23.83 1 kg	6 kg	142.99
Banana	11.25 1 Kg	16 Kg	180.03
Other Fruits	47.17 1 kg	14 Kg	660.38
Cooking oil (2.5lts)	98.48 2.5lt	3.6lt	141.81
Salt	9.82 1 kg	1 Kg	9.82
Tea	47.84 250g	250g	47.84
SubTotal			ZMW 3,517.20

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	121.50 90kg bag(s)	2 90kg bag(s)	243.00
Soap (Lifebuoy/Champion)	10.99 Tablet(s)	3 Tablet(s)	32.96
Wash soap (BOOM)	15.00 400g	4 400g	59.99
Jelly (Vaseline)	29.62 500ml	1 500ml	29.62
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	18.67 Pack of 10	2 Pack of 10	37.33
Toilet Paper (2ply)	4.61 Tissue(s)	6 Tissue(s)	27.67
Lotion (Dawn)	27.67 400ml	1 400ml	27.67
Subtotal			ZMW 2,590.23

Total for Basic Needs and Nutrition Basket

ZMW 6,107.43

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		

Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	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
8,512.31	4,140.66	4,886.58	4,738.68	6,274.28	6,341.32	5,430.74	4,692.96	4,757.20	5,470.09	6,605.92	6,853.91	6,107.43	5,594.66	5,388.13	5,759.64

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 February, 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, Mbata Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The February Basic Needs Basket is approximately US\$280 based upon the exchange rate Of K21.83 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-02-28

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