

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

September 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	82.43 25 kg bag	2 x 25Kg	164.85
Rice	113.10 5kg	4kg	90.48
Cassava Flour	15.96 1kg	6kg	95.77
(Sweet) Potatoes	9.10 1 Kg	4 Kg	36.39
Beans	32.84 1kg	3kg	98.53
Pounded Groundnut	58.10 1kg	1kg	58.10
Soya Pieces	52.42 1 kg	2kg	104.85
Beef	48.28 1kg	2kg	96.57
Chicken	76.32 2kg	5kg	190.81
Kapenta	231.62 1kg	1kg	231.62
Eggs	13.38 1 unit (10 eggs)	3 Trays (90 eggs)	120.42
Milk (Fresh)	9.07 500 ml	10 liters	181.40
Vegetables	413.96 40 Kg	40kg	413.96
Onion	10.28 1 Kg	4 Kg	41.10
Tomatoes	8.54 1 kg	6 kg	51.26
Banana	11.35 1 Kg	16 Kg	181.66
Other Fruits	18.66 1 kg	14 Kg	261.19
Cooking oil (2.5lts)	81.43 2.5lt	3.6lt	117.26
Salt	9.57 1 kg	1 Kg	9.57
Tea	32.80 250g	250g	32.80
<b>Subtotal</b>			<b>ZMW 2,578.59</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	136.67 90kg bag(s)	2 90kg bag(s)	273.33
Soap (Lifebuoy/Champion)	9.86 Tablet(s)	3 Tablet(s)	29.57
Wash soap (BOOM)	14.58 400g	4 400g	58.33
Jelly (Vaseline)	31.00 500g	1 500g	31.00
Electricity (medium density)	500.00 Month(s)	1 Month(s)	500.00
Water & Sanitation (med - fixed)	197.00 Month(s)	1 Month(s)	197.00
Housing (3 bedroom)	3,300.00 Month(s)	1 Month(s)	3,300.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	6.36 Tissue(s)	6 Tissue(s)	38.13
Lotion (Dawn)	25.43 250ml	1 250ml	25.43
<b>Subtotal</b>			<b>ZMW 4,492.78</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 7,071.37**

## (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)	310.00	Chilenje - Town	24.00
Grades 8-9 (User + PTA/year)	600.00	Chelston - town	23.00
Grades 10-12 (User + PTA/year)	600.00	Matero - Town	20.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Malaria test	20.00	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
7,071.37	4,059.66	4,386.81	4,143.46	5,989.51	6,110.27	6,18.49	5,711.22	4,217.60	5,162.82	6,344.55	6,569.49	5,216.06	4,998.58	3,950.07	5,591.40

### 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 September, 2020 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 September Basic Needs Basket is approximately US\$354.1883 based upon the exchange rate Of K19.9650. 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>**

---

Statements

Advocacy on Living Conditions

---

2020-09-30

# Lusaka September 2020 Basic Needs and Nutrition Basket report

Jesuit Center for Theological Reflection

Jesuit Center for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/953>

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