

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Lusaka**

**November 2019**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.80 25 kg bag	2 x 25Kg	263.60
Rice	93.84 5kg	4kg	75.07
Cassava Flour	10.71 1kg	6kg	64.24
(Sweet) Potatoes	14.29 1 Kg	4 Kg	57.17
Beans	32.41 1kg	3kg	97.24
Pounded Groundnut	38.50 1kg	1kg	38.50
Soya Pieces	40.54 1 kg	2kg	81.07
Beef	42.33 1kg	2kg	84.67
Chicken	51.20 2kg	5kg	128.00
Kapenta	136.56 1kg	1kg	136.56
Eggs	10.00 1 unit (10 eggs)	3 Trays (90 eggs)	90.00
Milk (Fresh)	7.50 500 ml	10 liters	150.00
Vegetables	672.11 40 Kg	40kg	672.11
Onion	16.78 1 Kg	4 Kg	67.11
Tomatoes	12.16 1 kg	6 kg	72.95
Banana	12.21 1 Kg	16 Kg	195.37
Other Fruits	8.33 1 kg	14 Kg	116.61
Cooking oil (2.5lts)	56.20 2.5lt	3.6lt	80.93
Salt	6.90 1 Kg	1 Kg	6.90
Tea	21.50 250g	250g	21.50
<b>Subtotal</b>			<b>ZMW 2,499.60</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	8.20 Tablet(s)	3 Tablet(s)	24.60
Wash soap (BOOM)	10.40 400g	4 400g	41.60
Jelly (Vaseline)	27.50 500ml	1 500ml	27.50
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	197.00 Month(s)	1 Month(s)	197.00
Housing (3 bedroom)	3,000.00 Month(s)	1 Month(s)	3,000.00
Sanitary towels	12.83 Pack of 10	2 Pack of 10	25.67
Toilet Paper (2ply)	8.20 Tissue(s)	6 Tissue(s)	49.20
Lotion (Dawn)	24.00 250ml	1 250ml	24.00
<b>Subtotal</b>			<b>ZMW 3,981.57</b>
<b>Total for Basic Needs Basket</b>			<b>ZMW 6,481.17</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	20.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	20.00
		Matero - Town	16.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	15.98
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	14.23
Mosquito net (private)	20.00	Paraffin (per litre)	13.02

## (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
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

**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 and Oranges.

This survey was conducted on 27th November, 2019 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 November Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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