

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	110.20 25 kg bag	2 x 25Kg	220.40
Rice	196.89 5kg	4kg	157.51
Cassava Flour	8.19 1kg	6kg	49.11
(Irish) Potatoes	16.18 1 Kg	4 Kg	64.73
Beans	51.37 1kg	3kg	154.12
Pounded Groundnut	37.47 1kg	1kg	37.47
Soya Pieces	30.56 1 kg	2kg	61.11
Beef	69.25 1kg	2kg	138.50
Chicken	120.98 2kg	5kg	302.44
Kapenta	130.43 1kg	1kg	130.43
Eggs	15.67 1 unit (10 eggs)	3 Trays (90 eggs)	141.04
Milk (Fresh)	15.20 500 ml	10 liters	303.96
Vegetables	398.00 40 Kg	40kg	398.00
Onion	14.00 1 Kg	4 Kg	55.99
Tomatoes	22.01 1 kg	6 kg	132.04
Banana	18.10 1 Kg	16 Kg	289.54
Other Fruits	10.71 1 kg	14 Kg	150.00
Cooking oil (2.5lts)	109.00 2.5lt	3.6lt	156.96
Salt	19.00 1 Kg	1 Kg	19.00
Tea	35.20 250g	250g	35.20
Sub Total			ZMW 2,997.55

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	185.00 90kg bag(s)	2 90kg bag(s)	370.00
Soap (Lifebuoy/Champion)	14.25 Tablet(s)	3 Tablet(s)	42.75
Wash soap (BOOM)	18.40 400g	4 400g	73.60
Jelly (Vaseline)	38.75 500ml	1 500ml	38.75
Electricity (medium density)	273.20 Month(s)	1 Month(s)	273.20
Water & Sanitation (med - fixed)	253.60 Month(s)	1 Month(s)	253.00
Housing (3 bedroom)	1,828.00 Month(s)	1 Month(s)	1,828.00
Sanitary towels	18.33 Pack of 10	2 Pack of 10	36.67
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 2,984.96
Total for Basic Needs and Nutrition Basket			ZMW 5,982.51

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.00	Victoria Falls-Town	20.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93
		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
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25th January, 2022 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 Town Centre, Malota market, Maramba market, Dambwa market, Elaine Brittal market and Shoprite Supper market Schools, clinics/hospitals, and filling stations around Livingstone. The January Basic Needs and Nutrition Basket is approximately US\$320.76 based on the exchange rate of K18.37 Other costs would include personal care, clothing, recreation, etc.

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