

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	120.97 25 kg bag	2 x 25Kg	241.94
Rice	164.20 5kg	4kg	131.36
Cassava Flour	17.97 1kg	6kg	107.82
Beans	38.00 1kg	3kg	114.00
Pounded Groundnut	55.11 1kg	1kg	55.11
Soya Pieces	45.84 1 kg	2kg	91.68
Beef	138.00 1kg	2kg	345.00
Chicken	138.00 2kg	5kg	276.00
Kapenta	185.19 1kg	1kg	185.19
Eggs	20.75 1 unit (10 eggs)	3 Trays (90 eggs)	186.75
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	565.01 40 Kg	40kg	565.01
Onion	30.95 1 Kg	4 Kg	123.8
Tomatoes	11.99 1 kg	6 kg	71.94
Banana	19.88 1 Kg	16 Kg	318.08
Other Fruits	10.99 1 kg	14 Kg	153.86
Cooking oil (2.5lts)	120.75 2.5lt	3.6lt	155.20
Salt	10.85 1 Kg	1 Kg	10.85
Tea	17.50 250g	250g	17.50
SubTotal			ZMW 3,205.15

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	190.50 90kg bag(s)	2 90kg bag(s)	381.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	15.50 400g	4 400g	46.5
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Electricity (medium density)	370.75 Month(s)	1 Month(s)	320.75
Water & Sanitation (med - fixed)	275.00 Month(s)	1 Month(s)	275.00
Housing (3 bedroom)	1,587.00 Month(s)	1 Month(s)	1,587.00
Sanitary towels	19.50 Pack of 10	2 Pack of 10	39.00
Toilet Paper (2ply)	6.67 Tissue(s)	6 Tissue(s)	40.20
Lotion (Dawn)	32.90 400ml	1 400ml	32.90
Subtotal			ZMW 2,812.35
Total for Basic Needs and Nutrition Basket			ZMW 6,017.50

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)
School Uniform (Grades 8-12)	580.00

Health

Fuel (cost at the pump)

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 Mpatamatu market, Roan market, Zaone market and Mikomfwa market and Schools, Clinics/hospitals, and filling stations around Lusaka. The January Basic Needs and Nutrition Basket is approximately US\$327.57 based on the exchange rate of K18.37. Other costs would include personal care, clothing, recreation, etc.

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