

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	110.14 25 kg bag	2 x 25Kg	220.28
Rice	99.28 5kg	4kg	79.43
Cassava Flour	18.13 1kg	6kg	108.79
(Sweet) Potatoes	19.54 1 Kg	4 Kg	78.14
Beans	49.72 1kg	3kg	149.17
Pounded Groundnut	30.44 1kg	1kg	30.44
Soya Pieces	55.56 1 kg	2kg	111.11
Beef	70.43 1kg	2kg	140.85
Chicken	126.85 2kg	5kg	317.14
Kapenta	244.34 1kg	1kg	244.34
Eggs	19.62 1 unit (10 eggs)	3 Trays (90 eggs)	176.57
Milk (Fresh)	14.83 500 ml	10 liters	296.67
Vegetables	565.52 40 Kg	40kg	565.52
Onion	15.68 1 Kg	4 Kg	62.73
Tomatoes	37.96 1 kg	6 kg	227.76
Banana	12.95 1 Kg	16 Kg	207.19
Other Fruits	14.31 1 kg	14 Kg	200.28
Cooking oil (2.5lts)	115.71 2.5lt	3.6lt	166.63
Salt	12.00 1 Kg	1 Kg	12.00
Tea	26.57 250g	250g	26.57
Sub Total			ZMW 3,421.79

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	395.71 90kg bag(s)	2 90kg bag(s)	791.43
Soap (Lifebuoy/Champion)	13.71 Tablet(s)	3 Tablet(s)	41.14
Wash soap (BOOM)	18.93 400g	4 400g	64.28
Jelly (Vaseline)	36.28 500ml	1 500ml	36.28
Electricity (medium density)	569.00 Month(s)	1 Month(s)	569.00
Water & Sanitation (med - fixed)	202.50 Month(s)	1 Month(s)	202.50
Housing (3 bedroom)	3,820.00 Month(s)	1 Month(s)	3,820.00
Sanitary towels	18.83 Pack of 10	2 Pack of 10	37.66
Toilet Paper (2ply)	5.28 Tissue(s)	6 Tissue(s)	31.71
Lotion (Dawn)	33.50 400ml	1 400ml	33.50
Subtotal			ZMW 5,627.50
Total for Basic Needs and Nutrition Basket			ZMW 9,049.25

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Chilenje - Town	26.92
		Chelston - town	28.00
School Uniform (Grades 8-12)	240.00	Matero - Town	25.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	19.84
		Diesel (per litre)	18.93

(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 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 January Basic Needs Basket is approximately US\$488.48. Based upon the exchange rate Of K18.37. 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