

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	102.82 25 kg bag	2 x 25Kg	205.64
Rice	111.95 5kg	4kg	89.56
Cassava Flour	24.40 1kg	6kg	146.43
(Irish) Potatoes	17.47 1 Kg	4 Kg	69.88
Beans	47.85 1kg	3kg	143.54
Pounded Groundnut	30.39 1kg	1kg	30.39
Soya Pieces	59.03 1 kg	2kg	118.06
Beef	71.00 1kg	2kg	142.00
Chicken	127.14 2kg	5kg	317.85
Kapenta	249.52 1kg	1kg	249.52
Eggs	19.24 1 unit (10 eggs)	3 Trays (90 eggs)	173.14
Milk (Fresh)	15.07 500 ml	10 liters	301.40
Vegetables	566.41 40 Kg	40kg	566.41
Onion	29.55 1 Kg	4 Kg	118.20
Tomatoes	23.01 1 kg	6 kg	138.06
Banana	15.35 1 Kg	16 Kg	245.63
Other Fruits	28.55 1 kg	14 Kg	399.66
Cooking oil (2.5lts)	110.86 2.5lt	3.6lt	159.63
Salt	17.86 1 Kg	1 Kg	17.86
Tea	16.00 250g	250g	16.00
SubTotal			ZMW 3,648.92

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	406.67 90kg bag(s)	2 90kg bag(s)	813.33
Soap (Lifebuoy/Champion)	14.43 Tablet(s)	3 Tablet(s)	43.28
Wash soap (BOOM)	17.86 400g	4 400g	61.71
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
Jelly (Vaseline)	43.33 500ml	1 500ml	43.33
Sanitary towels	19.80 Pack of 10	2 Pack of 10	39.60
Toilet Paper (2ply)	4.83 Tissue(s)	6 Tissue(s)	28.99
Lotion (Dawn)	34.71 400ml	1 400ml	34.71
Subtotal			ZMW 5,656.46
Total for Basic Needs and Nutrition Basket			ZMW 9,305.38

(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)	21.96

Diesel (per litre)

21.54

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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$ 522.77 based upon the exchange rate Of K17.80. Other costs would include personal care, clothing, recreation, etc.

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