

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	124.00 25 kg bag	2 x 25Kg	248.00
Rice	179.92 5kg	4kg	143.93
Cassava Flour	16.67 1kg	6kg	100.00
(Irish) Potatoes	18.56 1 Kg	4 Kg	74.25
Beans	40.36 1kg	3kg	121.08
Pounded Groundnut	40.90 1kg	1kg	40.90
Soya Pieces	41.49 1 kg	2kg	81.98
Beef	68.25 1kg	2kg	136.50
Chicken	129.46 2kg	5kg	323.64
Kapenta	221.56 1kg	1kg	221.56
Eggs	20.66 1 unit (10 eggs)	3 Trays (90 eggs)	185.93
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	401.76 40 Kg	40kg	401.76
Onion	18.24 1 Kg	4 Kg	72.97
Tomatoes	21.71 1 kg	6 kg	130.28
Banana	18.34 1 Kg	16 Kg	293.45
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	116.25 2.5lt	3.6lt	167.40
Salt	12.67 1 Kg	1 Kg	12.67
Tea	21.50 250g	250g	21.50
<b>Sub Total</b>			<b>ZMW 3,477.32</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	202.50 90kg bag(s)	2 90kg bag(s)	405.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 2,984.80</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,462.12</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.00	Victoria Falls-Town	20.00
<b>Health</b>		<b>Fuel (cost at the pump March, 2022)</b>	
		Item	Amount (ZMW)
		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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

This survey was conducted on 27th June 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, Chainta, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US 367.16 based upon the exchange rate of K17.86. Other costs would include personal care, clothing, recreation, etc.

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