

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.00 25 kg bag	2 x 25Kg	260.00
Rice	117.00 5kg	4kg	93.60
Cassava Flour	14.00 1kg	6kg	84.00
(Irish) Potatoes	16.55 1 Kg	4 Kg	66.20
Beans	41.99 1kg	3kg	125.97
Pounded Groundnut	45.12 1kg	1kg	45.12
Soya Pieces	36.00 1 kg	2kg	72.00
Beef	78.56 1kg	2kg	157.12
Chicken	120.00 2kg	5kg	300.00
Kapenta	175.00 1kg	1kg	175.00
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	14.66 500 ml	10 liters	293.20
Vegetables	560.00 40 Kg	40kg	560.00
Onion	21.00 1 Kg	4 Kg	84.00
Tomatoes	14.67 1 kg	6 kg	88.02
Banana	17.00 1 Kg	16 Kg	272.00
Other Fruits	24.99 1 kg	14 Kg	349.86
Cooking oil (2.5lts)	118.00 2.5lt	3.6lt	169.92
Salt	11.00 1 Kg	1 Kg	11.00
Tea	18.77 250g	250g	18.77
Sub Total			ZMW 3,390.78

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	201.00 90kg bag(s)	2 90kg bag(s)	402.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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
Jelly (Vaseline)	43.00 500ml	1 500ml	43.00
Sanitary towels	21.89 Pack of 10	2 Pack of 10	43.78
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	35.44 400ml	1 400ml	35.44
Subtotal			ZMW 2,867.97

Total for Basic Needs and Nutrition Basket

ZMW 6,258.75

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
Kalala-town	32.00
Mpatamutu-town	32.00
Newtown-Town	18.00

School Uniform (Grades 8-12) 580.00

Transport (bus fare round trip)

Item	Amount (ZMW)
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Health

Fuel (cost at the pump March, 2022)

Item	Amount (ZMW)
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Petrol (per litre)	26.50
Diesel (per litre)	26.22
Paraffin (per litre)	19.32

(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
9,326.41	4,929.03	5046.50	5,046.50	7,419.56	7,786.89	5,681.23	5821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6453.27

This survey was conducted on 25th April, 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 April Basic Needs and Nutrition Basket is approximately US\$369.46 based on the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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