

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	147.56 25 kg bag	2 x 25Kg	295.12
Rice	114.52 5kg	4kg	91.62
Cassava Flour	18.23 1kg	6kg	109.38
(Sweet) Potatoes	10.15 1 Kg	4 Kg	40.60
Beans	28.50 1kg	3kg	85.50
Pounded Groundnut	43.00 1kg	1kg	43.00
Soya Pieces	51.85 1 kg	2kg	103.70
Beef	65.00 1kg	2kg	130.00
Chicken	120.99 2kg	5kg	302.48
Kapenta	160.76 1kg	1kg	160.76
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	18.40 500 ml	10 liters	368.00
Vegetables	559.08 40 Kg	40kg	559.08
Onion	15.30 1 Kg	4 Kg	61.20
Tomatoes	16.00 1 kg	6 kg	96.00
Banana	12.99 1 Kg	16 Kg	207.84
Other Fruits	23.00 1 kg	14 Kg	322.00
Cooking oil (2.5lts)	141.58 2.5lt	3.6lt	203.88
Salt	11.02 1 Kg	1 Kg	11.02
Tea	17.85 250g	250g	17.85
Sub Total			ZMW 3,398.02

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	215.00 90kg bag(s)	2 90kg bag(s)	430.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	4 Tablet(s)	64.00
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)	48.00 500ml	1 500ml	48.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 2,965.75

Total for Basic Needs and Nutrition Basket

ZMW 6,363.77

(C) SOME OTHER ADDITIONAL COSTS

(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

Education**Item****Amount (ZMW)**

Kalala-town	32.00
Mpatamutu-town	32.00
Newtown-Town	18.00

School Uniform (Grades 8-12)

580.00

Health**Transport (bus fare round trip)****Item****Amount (ZMW)****Fuel (cost at the pump June, 2022)****Item****Amount (ZMW)**

Petrol (per litre)	24.95
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

This survey was conducted on 27th June, 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 Luanshya. The June Basic Needs and Nutrition Basket is approximately US\$ 360.75 based on the exchange rate of K17.64 other costs would include personal care, clothing, recreation, etc.

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