

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.67 25 kg bag	2 x 25Kg	285.33
Rice	125.00 5kg	4kg	100.00
Cassava Flour	18.00 1kg	6kg	108.00
(Sweet) Potatoes	9.88 1 Kg	4 Kg	39.53
Beans	35.56 1kg	3kg	106.67
Pounded Groundnut	49.91 1kg	1kg	49.91
Soya Pieces	51.02 1 kg	2kg	102.05
Beef	70.00 1kg	2kg	140.00
Chicken	123.33 2kg	5kg	308.33
Kapenta	155.14 1kg	1kg	155.14
Eggs	18.78 1 unit (10 eggs)	3 Trays (90 eggs)	169.00
Milk (Fresh)	14.33 500 ml	10 liters	286.67
Vegetables	570.51 40 Kg	40kg	570.51
Onion	19.73 1 Kg	4 Kg	78.94
Tomatoes	13.11 1 kg	6 kg	78.65
Banana	16.67 1 Kg	16 Kg	266.67
Other Fruits	23.75 1 kg	14 Kg	332.50
Cooking oil (2.5lts)	137.33 2.5lt	3.6lt	197.76
Salt	10.00 1 Kg	1 Kg	10.00
Tea	19.33 250g	250g	19.33
Sub Total			ZMW 3,404.98

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	218.50 90kg bag(s)	2 90kg bag(s)	437.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	17.00 400g	4 400g	68.00
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	26.53 Pack of 10	2 Pack of 10	53.06
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 2,882.81
Total for Basic Needs and Nutrition Basket			ZMW 6,287.79

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
	Kalala-town	32.00	
	Mpatamutu-town	32.00	
	Newtown-Town	18.00	
School Uniform (Grades 8-12)	580.00		

Health

Fuel (cost at the pump July, 2022)

Item	Amount (ZMW)
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Petrol (per litre)	26.75
Diesel (per litre)	28.01
Paraffin (per litre)	21.27

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 25th July, 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 July Basic Needs and Nutrition Basket is approximately US\$377.87 based on the exchange rate of K16.64 other costs would include personal care, clothing, recreation, etc.

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