

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.75 25 kg bag	2 x 25Kg	261.50
Rice	118.32 5kg	4kg	94.65
Cassava Flour	20.92 1kg	6kg	125.50
(Irish) Potatoes	18.86 1 Kg	4 Kg	75.44
Beans	41.83 1kg	3kg	125.49
Pounded Groundnut	36.66 1kg	1kg	36.66
Soya Pieces	53.47 1 kg	2kg	106.93
Beef	67.87 1kg	2kg	135.73
Chicken	130.33 2kg	5kg	325.82
Kapenta	261.67 1kg	1kg	261.67
Eggs	19.22 1 unit (10 eggs)	3 Trays (90 eggs)	172.99
Milk (Fresh)	15.00 500 ml	10 liters	299.93
Vegetables	575.14 40 Kg	40kg	575.14
Onion	15.30 1 Kg	4 Kg	61.21
Tomatoes	12.06 1 kg	6 kg	72.36
Banana	19.50 1 Kg	16 Kg	311.95
Other Fruits	21.42 1 kg	14 Kg	299.93
Cooking oil (2.5lts)	141.66 2.5lt	3.6lt	204.00
Salt	11.33 1 Kg	1 Kg	11.33
Tea	16.66 250g	250g	16.66
Sub Total			ZMW 3,574.88

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	450.00 90kg bag(s)	2 90kg bag(s)	900.00
Soap (Lifebuoy/Champion)	16.66 Tablet(s)	3 Tablet(s)	49.99
Wash soap (BOOM)	18.50 400g	4 400g	73.98
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)	33.00 500ml	1 500ml	33.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	43.99
Toilet Paper (2ply)	6.33 Tissue(s)	6 Tissue(s)	37.98
Lotion (Dawn)	27.50 400ml	1 400ml	27.50
Subtotal			ZMW 5,757.94
Total for Basic Needs and Nutrition Basket			ZMW 9,332.82

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Item	Amount (ZMW)
			Chilenje - Town	32.18
			Chelston - town	30.00
School Uniform (Grades 8-12)	240.00		Matero - Town	31.70

Health

Item	Amount (ZMW)	Item (July, 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	26.75
		Diesel (per litre)	28.01

(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 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 July Basic Needs Basket is approximately US\$ 560.9 based upon the exchange rate Of K16.64. Other costs Would include personal care, clothing, recreation, etc.

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