

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	119.40 25 kg bag	2 x 25Kg	238.80
Rice	118.48 5kg	4kg	94.79
Cassava Flour	16.18 1kg	6kg	97.09
(Irish) Potatoes	17.39 1 Kg	4 Kg	69.57
Beans	41.39 1kg	3kg	124.17
Pounded Groundnut	41.19 1kg	1kg	41.19
Soya Pieces	54.75 1 kg	2kg	109.51
Beef	58.33 1kg	2kg	116.66
Chicken	118.00 2kg	5kg	294.99
Kapenta	205.73 1kg	1kg	205.73
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	11.58 500 ml	10 liters	231.65
Vegetables	412.44 40 Kg	40kg	412.44
Onion	17.32 1 Kg	4 Kg	69.26
Tomatoes	14.99 1 kg	6 kg	89.93
Banana	15.77 1 Kg	16 Kg	252.39
Other Fruits	27.00 1 kg	14 Kg	378.00
Cooking oil (2.5lts)	109.38 2.5lt	3.6lt	157.50
Salt	14.00 1 Kg	1 Kg	14.00
Tea	26.00 250g	250g	26.00
Sub Total			ZMW 3,203.66

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	197.50 90kg bag(s)	2 90kg bag(s)	395.00
Soap (Lifebuoy/Champion)	16.25 Tablet(s)	3 Tablet(s)	48.75
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)	70.00 500ml	1 500ml	70.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	9.00 Tissue(s)	6 Tissue(s)	54.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 3,087.55
Total for Basic Needs and Nutrition Basket			ZMW 6,291.21

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.	Victoria Falls-Town	20.00

Health

Transport (bus fare round trip)

Item	Amount (ZMW)
Fuel (cost at the pump Sept, 2022)	
Petrol (per litre)	21.54
Diesel (per litre)	23.12
Paraffin (per litre)	16.71

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September 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 Dambwa North, Dambwa South, Town centre, Malota, Ellene Brittal, Shoprite and Schools, Clinics/hospitals, and filling stations around Livingstone. The September Basic Needs and Nutrition Basket is approximately US\$400.45 based upon the exchange rate of K15.71 other costs would include personal care, clothing, recreation, etc

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