

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	117.50 25 kg bag	2 x 25Kg	235.00
Rice	108.75 5kg	4kg	87.00
Cassava Flour	14.50 1kg	6kg	86.98
(Irish) Potatoes	11.36 1 Kg	4 Kg	45.43
Beans	32.57 1kg	3kg	97.71
Pounded Groundnut	39.07 1kg	1kg	39.07
Soya Pieces	47.26 1 kg	2kg	94.51
Beef	67.67 1kg	2kg	135.33
Chicken	101.00 2kg	5kg	252.50
Kapenta	191.80 1kg	1kg	191.80
Eggs	16.92 1 unit (10 eggs)	3 Trays (90 eggs)	152.24
Milk (Fresh)	13.66 500 ml	10 liters	273.27
Vegetables	569.69 40 Kg	40kg	569.69
Onion	17.12 1 Kg	4 Kg	68.50
Tomatoes	9.79 1 kg	6 kg	58.77
Banana	16.78 1 Kg	16 Kg	268.48
Other Fruits	18.25 1 kg	14 Kg	255.43
Cooking oil (2.5lts)	116.67 2.5lt	3.6lt	168.00
Salt	10.33 1 Kg	1 Kg	10.33
Tea	33.31 250g	250g	33.31
Sub Total			ZMW 3,123.33

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	416.67 90kg bag(s)	2 90kg bag(s)	833.33
Soap (Lifebuoy/Champion)	18.75 Tablet(s)	3 Tablet(s)	56.25
Wash soap (BOOM)	20.50 400g	4 400g	81.98
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)	55.00 500ml	1 500ml	55.00
Sanitary towels	20.50 Pack of 10	2 Pack of 10	40.99
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 5,727.05
Total for Basic Needs and Nutrition Basket			ZMW 8,850.38

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
		Chilenje - Town	29.94
		Chelston - town	30.00
School Uniform (Grades 8-12)	240.00	Matero - Town	29.20
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item (Sept, 2022)	Amount (ZMW)
Registration (book)	5.00	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 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 September Basic Needs Basket is approximately US\$ 563.35 based upon the exchange rate Of K15.71 other costs Would include personal care, clothing, recreation, etc.

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