

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.20 25 kg bag	2 x 25Kg	284.40
Rice	129.23 5kg	4kg	103.39
Cassava Flour	15.11 1kg	6kg	90.67
Beans	33.20 1kg	3kg	99.61
Pounded Groundnut	33.95 1kg	1kg	33.95
Soya Pieces	36.48 1 kg	2kg	72.97
Beef	82.62 1kg	2kg	165.25
Chicken	100.00 2kg	5kg	249.99
Kapenta	212.94 1kg	1kg	212.94
Eggs	17.40 1 unit (10 eggs)	3 Trays (90 eggs)	156.59
Milk (Fresh)	11.40 500 ml	10 liters	227.96
Vegetables	265.34 40 Kg	40kg	265.34
Onion	19.12 1 Kg	4 Kg	76.48
Tomatoes	11.33 1 kg	6 kg	67.98
Banana	13.02 1 Kg	16 Kg	208.36
Other Fruits	32.06 1 kg	14 Kg	448.89
Cooking oil (2.5lts)	111.20 2.5lt	3.6lt	160.13
Salt	13.18 1 Kg	1 Kg	13.18
Tea	36.40 250g	250g	36.40
<b>SubTotal</b>			<b>ZMW 2,974.47</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	260.00 90kg bag(s)	2 90kg bag(s)	520.00
Soap (Lifebuoy/Champion)	13.40 Tablet(s)	3 Tablet(s)	40.19
Wash soap (BOOM)	16.60 400g	4 400g	66.39
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)	32.20 500ml	1 500ml	32.20
Sanitary towels	18.40 Pack of 10	2 Pack of 10	36.80
Toilet Paper (2ply)	5.20 Tissue(s)	6 Tissue(s)	31.20
Lotion (Dawn)	26.60 400ml	1 400ml	26.60
<b>Subtotal</b>			<b>ZMW 2,936.13</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,910.60</b>

## (C) SOME OTHER ADDITIONAL COSTS

Education	Amount (ZMW)	Transport (bus fare round	Amount (ZMW)
Item		Item	
	Kalala-town		20.00
	Mpatamutu-town		40.00
	Newtown-Town		20.00
School Uniform (Grades 8-12)	580.00		
<b>Health</b>		<b>Fuel (cost at the pump Sept., 2022)</b>	
		Item	Amount (ZMW)
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25<sup>th</sup> November, 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, Roan, Zaone, Mikomfwa and Shoprite markets as well as Schools, clinics/hospitals, and filling stations around Luanshya. The November Basic Needs and Nutrition Basket is approximately US\$ 343.26 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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