

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	120.14 25 kg bag	2 x 25Kg	240.28
Rice	236.45 5kg	4kg	189.16
Cassava Flour	16.82 1kg	6kg	100.90
Irish Potatoes	16.65 1 Kg	4 Kg	66.62
Beans	30.86 1kg	3kg	92.58
Pounded Groundnut	67.04 1kg	1kg	67.04
Soya Pieces	66.61 1 kg	2kg	133.22
Beef	65.00 1kg	2kg	130.00
Chicken	99.17 2kg	5kg	247.91
Kapenta	322.80 1kg	1kg	322.80
Eggs	20.15 1 unit (10 eggs)	3 Trays (90 eggs)	181.38
Milk (Fresh)	16.00 500 ml	10 liters	319.97
Vegetables	452.13 40 Kg	40kg	452.13
Onion	23.80 1 Kg	4 Kg	95.19
Tomatoes	16.73 1 kg	6 kg	100.38
Banana	18.19 1 Kg	16 Kg	290.98
Other Fruits	39.28 1 kg	14 Kg	549.94
Cooking oil (2.5lts)	84.99 2.5lt	3.6lt	122.39
Salt	9.50 1 Kg	1 Kg	9.50
Tea	46.71 250g	250g	46.71
<b>SubTotal</b>			<b>ZMW 3,759.09</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	47.99
Wash soap (BOOM)	18.32 400g	4 400g	73.27
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)	32.60 500ml	1 500ml	32.60
Sanitary towels	20.00 Pack of 10	2 Pack of 10	39.99
Toilet Paper (2ply)	10.00 Tissue(s)	6 Tissue(s)	60.00
Lotion (Dawn)	30.00 400g	1 400g	30.00
<b>Subtotal</b>			<b>ZMW 2,998.50</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,757.14</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.	Victoria Falls-Town	20.00
	Petrol (per litre)	21.54	
		Diesel (per litre)	23.12
		Paraffin (per litre)	16.71
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	25.89
		Diesel (per litre)	27.38

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25<sup>th</sup> December, 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 Town Centre, Malota, Maramba, Dambwa Central, Dambwa North, Ellene Brittal and Shoprite as well as Schools, clinics/hospitals, and filling stations around Livingstone. The December Basic Needs and Nutrition Basket is approximately US\$ 376.02 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

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