

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	138.00 25 kg bag	2 x 25Kg	276.00
Rice	120.60 5kg	4kg	96.72
Cassava Flour	22.94 1kg	6kg	137.61
(Irish) Potatoes	19.45 1 Kg	4 Kg	77.80
Beans	48.19 1kg	3kg	144.58
Pounded Groundnut	38.50 1kg	1kg	38.50
Soya Pieces	56.60 1 kg	2kg	113.21
Beef	75.00 1kg	2kg	150.00
Chicken	130.00 2kg	5kg	325.00
Kapenta	290.001 1kg	1kg	290.00
Eggs	16.67 1 unit (10 eggs)	3 Trays (90 eggs)	150.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	580.49 40 Kg	40kg	580.49
Onion	25.00 1 Kg	4 Kg	100.00
Tomatoes	23.26 1 kg	6 kg	139.53
Banana	16.00 1 Kg	16 Kg	256.00
Other Fruits	26.00 1 kg	14 Kg	364.00
Cooking oil (2.5lts)	115.00 2.5lt	3.6lt	165.60
Salt	18.00 1 Kg	1 Kg	18.00
Tea	15.00 250g	250g	15.00
Sub Total			ZMW 3,738.04

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	410.00 90kg bag(s)	2 90kg bag(s)	820.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	15.00 400g	4 400g	60.00
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)	50.00 500ml	1 500ml	50.00
Sanitary towels	19.00 Pack of 10	2 Pack of 10	38.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	39.00 400ml	1 400ml	39.00
Subtotal			ZMW 5,673.50
Total for Basic Needs and Nutrition Basket			ZMW 9,411.54

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Chilenje - Town	26.92
		Chelston - town	28.00
School Uniform (Grades 8-12)	240.00	Matero - Town	25.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	21.96

Diesel (per litre)	21.54
Paraffin (per litre)	19.32

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

This survey was conducted on 25th January, 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$ 534.74 based upon the exchange rate Of K17.60. Other costs Would include personal care, clothing, recreation, etc.

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