

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	115.00 5kg	4kg	92.00
Cassava Flour	23.44 1kg	6kg	140.63
(Sweet) Potatoes	17.26 1 Kg	4 Kg	69.04
Beans	49.87 1kg	3kg	149.61
Pounded Groundnut	37.11 1kg	1kg	37.11
Soya Pieces	53.33 1 kg	2kg	106.67
Beef	74.87 1kg	2kg	149.74
Chicken	136.00 2kg	5kg	340.00
Kapenta	292.11 1kg	1kg	292.11
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	582.61 40 Kg	40kg	582.61
Onion	26.67 1 Kg	4 Kg	106.67
Tomatoes	24.69 1 kg	6 kg	148.15
Banana	11.09 1 Kg	16 Kg	177.38
Other Fruits	23.00 1 kg	14 Kg	322.00
Cooking oil (2.5lts)	117.00 2.5lt	3.6lt	168.48
Salt	12.00 1 Kg	1 Kg	12.00
Tea	20.00 250g	250g	20.00
SubTotal			ZMW 3,659.19

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	411.98 90kg bag(s)	2 90kg bag(s)	823.96
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	39.00
Wash soap (BOOM)	14.44 400g	4 400g	57.76
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 5,667.22
Total for Basic Needs and Nutrition Basket			ZMW 9,326.41

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Amount (ZMW)
		Chilenje - Town	30.68
		Chelston - town	28.00
School Uniform (Grades 8-12)	240.00	Matero - Town	30.20

Health

Item	Amount (ZMW)	Item (April, 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	26.96

Diesel (per litre)	26.54
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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25th April 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, Chinda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$550.56 based upon the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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