

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.67 25 kg bag	2 x 25Kg	263.33
Rice	118.60 5kg	4kg	94.88
Cassava Flour	24.44 1kg	6kg	146.67
(Sweet) Potatoes	14.75 1 Kg	4 Kg	59.01
Beans	47.33 1kg	3kg	141.99
Pounded Groundnut	34.00 1kg	1kg	34.00
Soya Pieces	44.44 1 kg	2kg	88.89
Beef	74.33 1kg	2kg	148.67
Chicken	129.33 2kg	5kg	323.33
Kapenta	268.11 1kg	1kg	268.11
Eggs	18.56 1 unit (10 eggs)	3 Trays (90 eggs)	167.00
Milk (Fresh)	15.67 500 ml	10 liters	313.33
Vegetables	595.24 40 Kg	40kg	595.24
Onion	25.70 1 Kg	4 Kg	102.81
Tomatoes	19.22 1 kg	6 kg	115.33
Banana	14.95 1 Kg	16 Kg	239.23
Other Fruits	16.83 1 kg	14 Kg	235.67
Cooking oil (2.5lts)	132.67 2.5lt	3.6lt	191.04
Salt	11.67 1 Kg	1 Kg	11.67
Tea	22.33 250g	250g	22.33
Sub Total			ZMW 3,562.52

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	407.50 90kg bag(s)	2 90kg bag(s)	815.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	19.00 400g	4 400g	76.00
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)	55.00 500ml	1 500ml	55.00
Sanitary towels	31.01 Pack of 10	2 Pack of 10	62.02
Toilet Paper (2ply)	8.00 Tissue(s)	6 Tissue(s)	48.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 5,730.52
Total for Basic Needs and Nutrition Basket			ZMW 9,293.04

(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)	Fuel (cost at the pump)	Amount (ZMW)
Registration (book)	5.00	Item (April, 2022)	
		Petrol (per litre)	24.15

Diesel (per litre)	25.64
Paraffin (per litre)	18.76

(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26th May 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, Chainta, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$ 541.23 based upon the exchange rate of K17.17. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka