

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	128.03 25 kg bag	2 x 25Kg	256.06
Rice	141.50 5kg	4kg	113.20
Cassava Flour	16.18 1kg	6kg	97.08
(Sweet) Potatoes	14.83 1 Kg	4 Kg	59.32
Beans	42.00 1kg	3kg	126.00
Pounded Groundnut	43.00 1kg	1kg	43.00
Soya Pieces	54.76 1 kg	2kg	109.52
Beef	68.12 1kg	2kg	136.24
Chicken	127.00 2kg	5kg	317.50
Kapenta	225.65 1kg	1kg	225.65
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Vegetables	400.99 40 Kg	40kg	400.99
Onion	12.50 1 Kg	4 Kg	50.00
Tomatoes	16.00 1 kg	6 kg	96.00
Banana	20.00 1 Kg	16 Kg	320.00
Other Fruits	18.00 1 kg	14 Kg	252.00
Cooking oil (2.5lts)	123.61 2.5lt	3.6lt	178.00
Salt	11.90 1 Kg	1 Kg	11.90
Tea	17.25 250g	250g	17.25
SubTotal			ZMW 3,266.50

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	208.00 90kg bag(s)	2 90kg bag(s)	416.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
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
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	45.00 500ml	1 500ml	45.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Subtotal			ZMW 3,020.00
Total for Basic Needs and Nutrition Basket			ZMW 6,286.50

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.00	Transport (bus fare round trip)	
		Victoria Falls-Town	20.00

Health

		Item	Amount (ZMW)
		Fuel (cost at the pump June, 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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27th June 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 Dambwa North, Dambwa South, Town centre, Malota, Ellene Brittal, Shoprite and Schools, Clinics/hospitals, and filling stations around Lusaka. The June Basic Needs and Nutrition Basket is approximately US\$356.37 based upon the exchange rate of K17.64 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