

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	133.38 25 kg bag	2 x 25Kg	266.75
Rice	120.07 5kg	4kg	96.05
Cassava Flour	23.71 1kg	6kg	142.26
(Sweet) Potatoes	14.14 1 Kg	4 Kg	56.56
Beans	49.06 1kg	3kg	147.18
Pounded Groundnut	34.50 1kg	1kg	34.50
Soya Pieces	45.01 1 kg	2kg	90.01
Beef	75.00 1kg	2kg	150.00
Chicken	128.39 2kg	5kg	320.98
Kapenta	265.45 1kg	1kg	265.45
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.39 500 ml	10 liters	307.80
Vegetables	591.56 40 Kg	40kg	591.56
Onion	23.45 1 Kg	4 Kg	93.78
Tomatoes	18.56 1 kg	6 kg	111.36
Banana	13.97 1 Kg	16 Kg	223.44
Other Fruits	17.50 1 kg	14 Kg	245.00
Cooking oil (2.5lts)	135.13 2.5lt	3.6lt	194.58
Salt	12.50 1 Kg	1 Kg	12.50
Tea	23.31 250g	250g	23.31
<b>Sub Total</b>			<b>ZMW 3,553.06</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	420.45 90kg bag(s)	2 90kg bag(s)	840.89
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	19.50 400g	4 400g	78.00
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)	56.00 500ml	1 500ml	56.00
Sanitary towels	31.51 Pack of 10	2 Pack of 10	63.01
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	38.00 400ml	1 400ml	38.00
<b>Subtotal</b>			<b>ZMW 5,748.40</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 9,301.46</b>

## (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 (June, 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	24.95

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 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 June Basic Needs Basket is approximately US\$ 527.29 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**