

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	125.00 25 kg bag	2 x 25Kg	250.00
Rice	130.00 5kg	4kg	104.00
Cassava Flour	16.55 1kg	6kg	99.30
(Sweet) Potatoes	15.89 1 Kg	4 Kg	63.56
Beans	41.00 1kg	3kg	123.00
Pounded Groundnut	45.33 1kg	1kg	45.33
Soya Pieces	53.00 1 kg	2kg	106.00
Beef	63.77 1kg	2kg	127.54
Chicken	127.88 2kg	5kg	319.70
Kapenta	220.11 1kg	1kg	220.11
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	14.33 500 ml	10 liters	286.60
Vegetables	400.00 40 Kg	40kg	400.00
Onion	14.33 1 Kg	4 Kg	57.32
Tomatoes	13.00 1 kg	6 kg	78.00
Banana	17.00 1 Kg	16 Kg	272.00
Other Fruits	20.15 1 kg	14 Kg	282.10
Cooking oil (2.5lts)	129.80 2.5lt	3.6lt	186.91
Salt	10.50 1 Kg	1 Kg	10.50
Tea	20.00 250g	250g	20.00
Sub Total			ZMW 3,216.97

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	215.57 90kg bag(s)	2 90kg bag(s)	431.14
Soap (Lifebuoy/Champion)	15.20 90kg bag(s)	2 90kg bag(s)	30.40
Wash soap (BOOM)	21.99 400g	4 400g	87.96
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
Jelly (Vaseline)	48.00 500ml	1 500ml	48.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	35.78 400ml	1 400ml	35.78

Subtotal

ZMW 3,077.08

Total for Basic Needs and Nutrition Basket

ZMW 6,294.05

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
School Uniform	251.00

Transport (bus fare round trip)

Item	Amount (ZMW)
Victoria Falls-Town	21.50

Health

Fuel (cost at the pump July, 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.75

Diesel (per litre)

28.01

Paraffin (per litre)

21.27

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 25th July 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 July Basic Needs and Nutrition Basket is approximately US\$378.24 based upon the exchange rate of K16.64 other costs would include personal care, clothing, recreation, etc

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