

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

August 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	129.49 5kg	4kg	103.59
Cassava Flour	23.97 1kg	6kg	143.83
(Irish) Potatoes	15.55 1 Kg	4 Kg	62.20
Beans	44.48 1kg	3kg	133.44
Pounded Groundnut	41.72 1kg	1kg	41.72
Soya Pieces	55.56 1 kg	2kg	111.11
Beef	65.00 1kg	2kg	130.00
Chicken	131.82 2kg	5kg	329.55
Kapenta	211.40 1kg	1kg	211.40
Eggs	19.81 1 unit (10 eggs)	3 Trays (90 eggs)	178.32
Milk (Fresh)	16.25 500 ml	10 liters	324.95
Vegetables	411.40 40 Kg	40kg	411.40
Onion	14.97 1 Kg	4 Kg	59.89
Tomatoes	15.36 1 kg	6 kg	92.15
Banana	16.10 1 Kg	16 Kg	257.56
Other Fruits	24.12 1 kg	14 Kg	337.72
Cooking oil (2.5lts)	120.00 2.5lt	3.6lt	172.80
Salt	15.66 1 Kg	1 Kg	15.66
Tea	25.83 250g	250g	25.83
Sub Total			ZMW 3,393.14

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	210.00 90kg bag(s)	2 90kg bag(s)	420.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 3,065.80
Total for Basic Needs and Nutrition Basket			ZMW 6,458.94

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	251.	Victoria Falls-Town	20.00

Health

Transport (bus fare round trip)

Item	Amount (ZMW)
Fuel (cost at the pump August, 2022)	
Petrol (per litre)	23.19
Diesel (per litre)	24.87
Paraffin (per litre)	18.43

(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25th August 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 Livingstone. The August Basic Needs and Nutrition Basket is approximately US\$406.22 based upon the exchange rate of K15.90 other costs would include personal care, clothing, recreation, etc

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