

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	144.00 25 kg bag	2 x 25Kg	288.00
Rice	125.00 5kg	4kg	100.00
Cassava Flour	13.05 1kg	6kg	78.31
(Irish) Potatoes	7.89 1 Kg	4 Kg	31.58
Beans	39.43 1kg	3kg	118.29
Pounded Groundnut	52.80 1kg	1kg	52.80
Soya Pieces	55.76 1 kg	2kg	111.53
Beef	68.25 1kg	2kg	136.50
Chicken	117.50 2kg	5kg	293.75
Kapenta	184.50 1kg	1kg	184.50
Eggs	19.17 1 unit (10 eggs)	3 Trays (90 eggs)	172.50
Milk (Fresh)	14.50 500 ml	10 liters	290.00
Vegetables	534.05 40 Kg	40kg	534.05
Onion	20.20 1 Kg	4 Kg	80.79
Tomatoes	17.35 1 kg	6 kg	104.07
Banana	15.55 1 Kg	16 Kg	248.86
Other Fruits	19.01 1 kg	14 Kg	266.18
Cooking oil (2.5lts)	123.75 2.5lt	3.6lt	178.20
Salt	13.92 1 Kg	1 Kg	13.92
Tea	27.00 250g	250g	27.00
Sub Total			ZMW 3,310.85

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	232.67 90kg bag(s)	2 90kg bag(s)	465.33
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	39.00
Wash soap (BOOM)	17.00 400g	4 400g	68.00
Electricity (medium density)	370.75 Month(s)	1 Month(s)	320.75
Water & Sanitation (med - fixed)	275.00 Month(s)	1 Month(s)	275.00
Housing (3 bedroom)	1,587.00 Month(s)	1 Month(s)	1,587.00
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 2,945.08
Total for Basic Needs and Nutrition Basket			ZMW 6,255.93

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
	Kalala-town	20.00	
	Mpatamutu-town	40.00	
	Newtown-Town	20.00	
School Uniform (Grades 8-12)	580.00		

Health

Fuel (cost at the pump Sept., 2022)

Item	Amount (ZMW)
Petrol (per litre)	21.54

Diesel (per litre)

23.12

Paraffin (per litre)

16.71

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September 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 Mpatamatu, Roan Market, Zaone Market, Mikomfwa and Shoprite and Schools, Clinics/hospitals, and filling stations around Luanshya. The September Basic Needs Basket is approximately US\$ 398.21 based upon the exchange rate Of K15.71 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