

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	119.98 25 kg bag	2 x 25Kg	239.97
Rice	187.17 5kg	4kg	149.74
Cassava Flour	16.82 1kg	6kg	100.90
(Sweet) Potatoes	16.57 1 Kg	4 Kg	66.27
Beans	30.52 1kg	3kg	91.57
Pounded Groundnut	61.43 1kg	1kg	61.43
Soya Pieces	59.24 1 kg	2kg	118.48
Beef	64.28 1kg	2kg	128.57
Chicken	101.65 2kg	5kg	254.13
Kapenta	465.46 1kg	1kg	465.46
Eggs	19.32 1 unit (10 eggs)	3 Trays (90 eggs)	173.88
Milk (Fresh)	15.17 500 ml	10 liters	303.30
Vegetables	458.40 40 Kg	40kg	458.40
Onion	24.06 1 Kg	4 Kg	96.25
Tomatoes	14.65 1 kg	6 kg	87.92
Banana	17.50 1 Kg	16 Kg	280.08
Other Fruits	52.08 1 kg	14 Kg	729.17
Cooking oil (2.5lts)	96.46 2.5lt	3.6lt	138.90
Salt	14.00 1 Kg	1 Kg	14.00
Tea	38.78 250g	250g	38.78
<b>Subtotal</b>			<b>ZMW 3,997.20</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	17.75 Tablet(s)	3 Tablet(s)	53.24
Wash soap (BOOM)	18.00 400g	4 400g	71.99
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)	33.25 500ml	1 500ml	33.25
Sanitary towels	17.50 Pack of 10	2 Pack of 10	35.00
Toilet Paper (2ply)	10.00 Tissue(s)	6 Tissue(s)	60.00
Lotion (Dawn)	30.50 400ml	1 400ml	23.00
<b>Subtotal</b>			<b>ZMW 2,990.67</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,987.87</b>

## (C) SOME OTHER ADDITIONAL COSTS

Education	Transport (bus fare round trip)
Item	Item
School Uniform	Amount (ZMW)
251.	Victoria Falls-Town
	20.00
	Petrol (per litre)
	21.54
	Diesel (per litre)
	23.12
	Paraffin (per litre)
	16.71

<b>Health Item</b>	<b>Fuel (cost at the pump)</b>	<b>Amount (ZMW)</b>
	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	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25<sup>th</sup> October 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 Town Centre, Malota, Maramba, Dambwa Central, Dambwa North, Ellene Brittal Shoprite and Schools, clinics/hospitals, and filling stations around Livingstone. The December Basic Needs Basket is approximately US\$418.18 based upon the exchange rate Of K16.71. 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

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