

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	101.74 25 kg bag	2 x 25Kg	203.49
Rice	111.71 5kg	4kg	89.37
Cassava Flour	16.58 1kg	6kg	99.50
Irish Potatoes	19.24 1 Kg	4 Kg	76.95
Beans	53.03 1kg	3kg	159.09
Pounded Groundnut	43.23 1kg	1kg	43.23
Soya Pieces	69.49 1 kg	2kg	138.97
Beef	57.14 1kg	2kg	114.28
Chicken	89.00 2kg	5kg	222.50
Kapenta	259.42 1kg	1kg	259.42
Eggs	16.57 1 unit (10 eggs)	3 Trays (90 eggs)	149.13
Milk (Fresh)	12.08 500 ml	10 liters	241.60
Vegetables	444.80 40 Kg	40kg	444.80
Onion	12.61 1 Kg	4 Kg	50.43
Tomatoes	18.34 1 kg	6 kg	110.07
Banana	14.85 1 Kg	16 Kg	237.66
Other Fruits	9.54 1 kg	14 Kg	133.62
Cooking oil (2.5lts)	101.64 2.5lt	3.6lt	146.37
Salt	11.57 1 Kg	1 Kg	11.57
Tea	35.19 250g	250g	35.19
SubTotal			ZMW 2,967.20

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	375.00 90kg bag(s)	2 90kg bag(s)	750.00
Soap (Lifebuoy/Champion)	14.18 Tablet(s)	3 Tablet(s)	42.55
Wash soap (BOOM)	17.37 400g	4 400g	69.49
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)	40.14 500ml	1 500ml	40.14
Sanitary towels	14.27 Pack of 10	2 Pack of 10	28.55
Toilet Paper (2ply)	4.85 Tissue(s)	6 Tissue(s)	29.13
Lotion (Dawn)	29.83 400ml	1 400ml	29.83
Subtotal			ZMW 5,581.19
Total for Basic Needs and Nutrition Basket			ZMW 8,567.20

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item (Fuel pump prim, Nov 2022)	Amount (ZMW)
Education			
School Uniform (Grades 8-12)	240.00	Chilenje - Town	29.94
		Chelston - town	30.0
		Matero – Town	29.20
Health			
		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item (Fuel pump prim, Nov 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	24.31

Diesel (per litre)
Paraffin (per litre)

27.38
19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, 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 North mead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The November Basic Needs Basket is approximately US\$.497.54. Based upon the exchange rate Of K17.22. other costs would include personal care, clothing, recreation, etc.

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