

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	137.38 25 kg bag	2 x 25Kg	274.76
Rice	267.67 5kg	4kg	214.13
Cassava Flour	12.23 1kg	6kg	73.38
Beans	35.72 1kg	3kg	107.16
Pounded Groundnut	60.44 1kg	1kg	60.44
Soya Pieces	51.99 1 kg	2kg	103.99
Beef	77.00 1kg	2kg	154.00
Chicken	96.60 2kg	5kg	241.49
Kapenta	173.98 1kg	1kg	173.98
Eggs	17.80 1 unit (10 eggs)	3 Trays (90 eggs)	160.19
Milk (Fresh)	8.60 500 ml	10 liters	172.01
Vegetables	292.49 40 Kg	40kg	292.49
Onion	16.59 1 Kg	4 Kg	66.37
Tomatoes	11.45 1 kg	6 kg	68.70
Banana	15.63 1 Kg	16 Kg	250.04
Other Fruits	2.82 1 kg	14 Kg	39.42
Cooking oil (2.5lts)	106.00 2.5lt	3.6lt	152.64
Salt	10.24 1 Kg	1 Kg	10.24
Tea	38.40 250g	250g	38.40
SubTotal			ZMW 2,653.82

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	252.00 90kg bag(s)	2 90kg bag(s)	504.00
Soap (Lifebuoy/Champion)	14.80 Tablet(s)	3 Tablet(s)	44.39
Wash soap (BOOM)	16.50 400g	4 400g	65.99
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)	46.40 500ml	1 500ml	46.40
Sanitary towels	14.64 Pack of 10	2 Pack of 10	29.28
Toilet Paper (2ply)	5.10 Tissue(s)	6 Tissue(s)	30.59
Lotion (Dawn)	32.00 400ml	1 400ml	32.00
Subtotal			ZMW 2,935.40
Total for Basic Needs and Nutrition Basket			ZMW 5,621.22

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
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		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	25.89
		Diesel (per litre)	27.38

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25th December, 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, Zaone, Mikomfwa and Shoprite markets as well as Schools, clinics/hospitals, and filling stations around Luanshya. The December Basic Needs and Nutrition Basket is approximately US\$ 312.81 based on the exchange rate of K 17.97 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