

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.50 25 kg bag	2 x 25Kg	281.00
Rice	78.33 5kg	4kg	62.67
Cassava Flour	5.92 1kg	6kg	35.52
(Sweet) Potatoes	32.81 1 Kg	4 Kg	131.23
Beans	22.16 1kg	3kg	66.49
Pounded Groundnut	44.29 1kg	1kg	44.29
Soya Pieces	20.02 1 kg	2kg	40.03
Beef	41.50 1kg	2kg	83.00
Chicken	45.00 2kg	5kg	112.50
Kapenta	210.27 1kg	1kg	210.27
Eggs	11.17 1 unit (10 eggs)	3 Trays (90 eggs)	100.50
Milk (Fresh)	7.33 500 ml	10 liters	146.67
Vegetables	262.84 40 Kg	40kg	262.84
Onion	11.59 1 Kg	4 Kg	46.35
Tomatoes	6.22 1 kg	6 kg	37.32
Banana	10.54 1 Kg	16 Kg	168.64
Other Fruits	2.42 1 kg	14 Kg	33.87
Cooking oil (2.5lts)	57.50 2.5lt	3.6lt	82.80
Salt	10.36 1 Kg	1 Kg	10.36
Tea	35.00 250g	250g	35.00
Subtotal			ZMW 1,991.34

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	68.40 90kg bag(s)	2 90kg bag(s)	136.80
Soap (Lifebuoy/Champion)	9.67 Tablet(s)	3 Tablet(s)	29.00
Wash soap (BOOM)	10.67 400g	4 400g	42.67
Jelly (Vaseline)	24.83 500ml	1 500ml	24.83
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	190.00 Month(s)	1 Month(s)	190.00
Housing (3 bedroom)	1,750.00 Month(s)	1 Month(s)	1,750.00
Sanitary towels	11.83 Pack of 10	2 Pack of 10	23.67
Toilet Paper (2ply)	15.50 Tissue(s)	6 Tissue(s)	93.00
Lotion (Dawn)	22.00 250ml	1 250ml	22.00
Subtotal			ZMW 2,611.97
Total for Basic Needs Basket			ZMW 4,603.30

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00	Mpatamatu-Town	20.00
Grades 8-9 (User + PTA/year)	600.00	Roan - Kalala	10.00
Grades 10-12 (User + PTA/year)	600.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	15.98
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	14.23
Malaria test	15.00	Paraffin (per litre)	13.02

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples and Oranges.

This survey was conducted on 26th November 2019 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Mpatamatu Market, Buseko Market, Roan Market, Mikomfwa Market and Town Centre Shoprite. Additional information was obtained from ZESCO, the Kafubu Water and Sewerage Company and schools, clinics and houses around Luanshya. The October Basic Needs Basket is approximately US\$314 based upon the exchange rate of K14.65 per US\$ prevailing during period of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.

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