

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	172.50 25 kg bag	2 x 25Kg	344.99
Rice	71.99 5kg	4kg	57.59
(Sweet) Potatoes	12.66 1 Kg	4 Kg	50.64
Beans	52.22 1kg	3kg	156.66
Pounded Groundnut	45.71 1kg	1kg	45.71
Soya Pieces	59.01 1 kg	2kg	118.02
Beef	31.17 1kg	2kg	62.33
Chicken	61.66 2kg	5kg	154.16
Kapenta	132.53 1kg	1kg	132.53
Eggs	12.36 1 unit (10 eggs)	3 Trays (90 eggs)	111.21
Milk (Fresh)	7.33 500 ml	10 liters	146.66
Vegetables	376.52 40 Kg	40kg	376.52
Onion	13.97 1 Kg	4 Kg	55.87
Tomatoes	9.04 1 kg	6 kg	54.24
Banana	7.67 1 Kg	16 Kg	122.77
Other Fruits	18.66 1 kg	14 Kg	261.30
Cooking oil (2.5lts)	52.29 2.5lt	3.6lt	75.30
Salt	11.60 1 Kg	1 Kg	11.60
Tea	27.25 250g	250g	27.25
SubTotal			ZMW 2,365.34

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	54.00 90kg bag(s)	2 90kg bag(s)	108.00
Soap (Lifebuoy/Champion)	9.30 Tablet(s)	3 Tablet(s)	27.89
Wash soap (BOOM)	11.67 400g	4 400g	46.66
Jelly (Vaseline)	39.99 500ml	1 500ml	39.99
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	4.50 Tablet(s)	6 Tablet(s)	27.00
Toilet Paper (2ply)	4.63 Tissue(s)	6 Tissue(s)	27.75
Lotion (Dawn)	20.00 250ml	1 250ml	20.00
Subtotal			ZMW 2,877.29
Total for Basic Needs and Nutrition Basket			ZMW 5,242.63

(C) SOME OTHER ADDITIONAL COSTS

Education *Transport (bus fare round trip)*

Health *Fuel (cost at the pump)*

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

This survey was conducted on 27th December, 2019 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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