

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	137.60 25 kg bag	2 x 25Kg	275.20
Rice	70.00 5kg	4kg	56.00
Cassava Flour	12.02 1kg	6kg	72.12
(Sweet) Potatoes	9.30 1 Kg	4 Kg	37.21
Beans	47.50 1kg	3kg	142.50
Pounded Groundnut	32.15 1kg	1kg	32.15
Soya Pieces	56.15 1 kg	2kg	112.30
Beef	30.86 1kg	2kg	61.71
Chicken	57.50 2kg	5kg	143.75
Kapenta	148.54 1kg	1kg	148.54
Eggs	12.29 1 unit (10 eggs)	3 Trays (90 eggs)	110.57
Milk (Fresh)	7.64 500 ml	10 liters	152.86
Vegetables	263.29 40 Kg	40kg	263.29
Onion	12.60 1 Kg	4 Kg	50.42
Tomatoes	10.46 1 kg	6 kg	62.74
Banana	7.71 1 Kg	16 Kg	123.35
Other Fruits	19.53 1 kg	14 Kg	273.47
Cooking oil (2.5lts)	42.14 2.5lt	3.6lt	60.69
Salt	7.60 1 Kg	1 Kg	7.60
Tea	27.25 250g	250g	27.25
Subtotal			ZMW 2,213.71

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	66.00 90kg bag(s)	2 90kg bag(s)	132.00
Soap (Lifebuoy/Champion)	156.83 Tablet(s)	3 Tablet(s)	470.50
Wash soap (BOOM)	12.00 400g	4 400g	48.00
Jelly (Vaseline)	34.00 500ml	1 500ml	34.00
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
Water & Sanitation (med - fixed)	300.00 Month(s)	1 Month(s)	300.00
Housing (3 bedroom)	1,700.00 Month(s)	1 Month(s)	1,700.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	17.80 Tissue(s)	6 Tissue(s)	106.80
Lotion (Dawn)	20.60 250ml	1 250ml	20.60
Subtotal			ZMW 3,091.90
Total for Basic Needs Basket			ZMW 5,305.61

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Dambwa-Town	16.00
Grades 10-12 (User + PTA/year)	600.00	Maramba-Town	14.00
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	20.00	Petrol (per litre)	15.98
Malaria test	20.00	Diesel (per litre)	14.23
		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 27th 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 Town Centre Market, Dambwa Market, Maramba Market, Mbita Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. Additional information was obtained from ZESCO, the Southern Water and Sewerage Company and schools, clinics and houses around Livingstone. The November Basic Needs Basket is approximately US\$362 based upon the average exchange rate of K14.65 per US\$ prevailing at time of data collection. Please note that other monthly costs would include personal care,

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