

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.57 25 kg bag	2 x 25Kg	283.14
Rice	121.07 5kg	4kg	96.85
(Sweet) Potatoes	16.53 1 Kg	4 Kg	66.12
Beans	34.98 1kg	3kg	104.94
Pounded Groundnut	47.98 1kg	1kg	47.98
Soya Pieces	61.24 1 kg	2kg	122.48
Beef	32.33 1kg	2kg	64.66
Chicken	71.99 2kg	5kg	179.96
Kapenta	201.60 1kg	1kg	201.60
Eggs	14.29 1 unit (10 eggs)	3 Trays (90 eggs)	128.57
Milk (Fresh)	9.86 500 ml	10 liters	197.13
Vegetables	398.66 40 Kg	40kg	398.66
Onion	20.84 1 Kg	4 Kg	83.37
Tomatoes	11.37 1 kg	6 kg	68.24
Banana	18.25 1 Kg	16 Kg	292.02
Other Fruits	20.30 1 kg	14 Kg	284.17
Cooking oil (2.5lts)	86.14 2.5lt	3.6lt	124.04
Salt	14.60 1 Kg	1 Kg	14.60
Tea	50.75 250g	250g	50.75
<b>SubTotal</b>			<b>ZMW 2,809.28</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	64.80 90kg bag(s)	2 90kg bag(s)	129.60
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	14.00 400g	4 400g	56.00
Jelly (Vaseline)	26.75 500ml	1 500ml	26.75
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
Water & Sanitation (med - fixed)	200.00 Month(s)	1 Month(s)	200.00
Housing (3 bedroom)	1,750.00 Month(s)	1 Month(s)	1,750.00
Sanitary towels	20.43 Pack of 10	2 Pack of 10	40.85
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	26.00
Lotion (Dawn)	27.00 250ml	1 250ml	27.00
<b>Subtotal</b>			<b>ZMW 2,536.20</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,345.48**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	180.00	Victoria Falls-Town	20.00
Grades 8-9 (User + PTA/year)	200.00		
School Uniform (Grades 1-7)	120.00		
School Uniform (Grades 8-12)	180.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	15.00	Petrol (per litre)	17.62
Consultation Fee	50.00	Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

## (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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

### 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, Guavas and Oranges.

This survey was conducted on 27th June, 2020 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, Mbata Market, Elaine Brittel Market, Kashitu Market and Town Centre Shoprite. The June Basic Needs Basket is approximately US\$296 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc

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