

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.67 25 kg bag	2 x 25Kg	263.33
Rice	104.99 5kg	4kg	83.99
Cassava Flour	6.85 1kg	6kg	41.10
(Sweet) Potatoes	5.29 1 Kg	4 Kg	21.16
Beans	30.02 1kg	3kg	90.06
Pounded Groundnut	42.27 1kg	1kg	42.27
Soya Pieces	30.77 1 kg	2kg	61.55
Beef	40.00 1kg	2kg	80.00
Chicken	68.25 2kg	5kg	170.63
Kapenta	199.69 1kg	1kg	199.69
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	8.33 500 ml	10 liters	166.63
Vegetables	258.85 40 Kg	40kg	258.85
Onion	25.86 1 Kg	4 Kg	103.42
Tomatoes	15.99 1 kg	6 kg	95.93
Banana	15.14 1 Kg	16 Kg	242.23
Other Fruits	26.36 1 kg	14 Kg	369.03
Cooking oil (2.5lts)	87.83 2.5lt	3.6lt	126.48
Salt	8.65 1 Kg	1 Kg	8.65
Tea	17.75 250g	250g	17.75
SubTotal			ZMW 2,555.24

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	31.66
Wash soap (BOOM)	14.00 400g	4 400g	55.99
Jelly (Vaseline)	27.67 500ml	1 500ml	27.67
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	209.30 Month(s)	1 Month(s)	209.30
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	15.17 Pack of 10	2 Pack of 10	30.33
Toilet Paper (2ply)	4.14 Tissue(s)	6 Tissue(s)	24.83
Lotion (Dawn)	25.17 250ml	1 250ml	25.17
Subtotal			ZMW 2,714.95

Total for Basic Needs and Nutrition Basket

ZMW 5,270.19

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Mpatamatu-Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Roan - Kalala	12.00
		Newtown-Town	12.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	10.00	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 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 June Basic Needs Basket is approximately US\$291 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc

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