

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

June 2020

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 97.67 25 kg bag | 2 x 25Kg | 195.33 |
| Rice | 99.63 5kg | 4kg | 79.70 |
| Cassava Flour | 35.29 1kg | 6kg | 211.75 |
| (Sweet) Potatoes | 4.61 1 Kg | 4 Kg | 18.43 |
| Beans | 34.68 1kg | 3kg | 104.04 |
| Pounded Groundnut | 33.77 1kg | 1kg | 33.77 |
| Soya Pieces | 45.28 1 kg | 2kg | 90.55 |
| Beef | 39.15 1kg | 2kg | 78.30 |
| Chicken | 57.73 2kg | 5kg | 144.33 |
| Kapenta | 183.17 1kg | 1kg | 183.17 |
| Eggs | 13.06 1 unit (10 eggs) | 3 Trays (90 eggs) | 117.50 |
| Milk (Fresh) | 8.58 500 ml | 10 liters | 171.67 |
| Vegetables | 440.77 40 Kg | 40kg | 440.77 |
| Onion | 15.45 1 Kg | 4 Kg | 61.80 |
| Tomatoes | 6.40 1 kg | 6 kg | 38.38 |
| Banana | 11.86 1 Kg | 16 Kg | 189.78 |
| Other Fruits | 17.97 1 kg | 14 Kg | 251.63 |
| Cooking oil (2.5lts) | 68.83 2.5lt | 3.6lt | 99.12 |
| Salt | 9.00 1 kg | 1 Kg | 9.00 |
| Tea | 28.99 250g | 250g | 28.99 |
| SubTotal | | | ZMW 2,548.02 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price(ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------------------|--------------------|------------------|---------------------|
| Charcoal | 161.20 90kg bag(s) | 2 90kg bag(s) | 322.40 |
| Soap (Lifebuoy/Champion) | 9.42 Tablet(s) | 3 Tablet(s) | 28.25 |
| Wash soap (BOOM) | 13.43 400g | 4 400g | 53.71 |
| Jelly (Vaseline) | 26.67 500ml | 1 500ml | 26.67 |
| Electricity (medium density) | 500.00 Month(s) | 1 Month(s) | 500.00 |
| Water & Sanitation (med - fixed) | 197.00 Month(s) | 1 Month(s) | 197.00 |
| Housing (3 bedroom) | 3,300.00 Month(s) | 1 Month(s) | 3,300.00 |
| Sanitary towels | 15.21 Pack of 10 | 2 Pack of 10 | 30.43 |
| Toilet Paper (2ply) | 5.28 Tissue(s) | 6 Tissue(s) | 31.70 |
| Lotion (Dawn) | 22.64 250ml | 1 250ml | 22.64 |
| Subtotal | | | ZMW 4,512.78 |

Total for Basic Needs and Nutrition Basket

ZMW 7,060.80

(C) SOME OTHER ADDITIONAL COSTS

| Education | | Transport (bus fare round) | |
|--------------------------------|--------------|-----------------------------------|--------------|
| Item | Amount (ZMW) | Item | Amount (ZMW) |
| Grades 1-7 (User + PTA/year) | 310.00 | Chilenje - Town | 24.00 |
| Grades 8-9 (User + PTA/year) | 600.00 | Chelston - town | 23.00 |
| Grades 10-12 (User + PTA/year) | 600.00 | Matero - Town | 20.00 |
| Health | | Fuel (cost at the pump) | |
| item | Amount (ZMW) | Item | Amount (ZMW) |
| Registration (book) | 2.00 | Petrol (per litre) | 17.62 |
| Self-referral (Emergency Fee) | 80.00 | Diesel (per litre) | 15.59 |
| Malaria test | 20.00 | 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 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 June Basic Needs Basket is approximately US\$390 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc.

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