

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	98.58 25kg	2 25kg	197.16
Beans	19.60 kg	3 kg	58.79
Fish (Bream, Dry)	40.00 kg	1 kg	40.00
Beef	41.33 kg	4 kg	165.32
Vegetables	5.30 kg	4 kg	21.22
Tomatoes	7.11 kg	4 kg	28.43
Onion	10.45 kg	2 kg	20.91
Cooking oil (2.5lts)	49.83 Litres	3 Litres	59.80
Bread	6.75 Loaf/day	1 Loaf/day	202.45
Sugar	27.10 2kg	3 2kg	81.29
Milk	7.00 500ml	4 500ml	27.99
Tea	53.72 kg	1 kg	53.72
Eggs	13.58 unit (10 eggs)	2 unit (10 eggs)	27.17
Salt	6.50 kg	1 kg	6.50
SubTotal			ZMW 990.73

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	77.40 90kg bag(s)	2 90kg bag(s)	154.80
Soap (Lifebuoy/Champion)	5.33 Tablet(s)	10 Tablet(s)	53.32
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	115.00 95	1 95	115.00
Housing (3 bedroom)	1,233.00 95	1 95	1,233.00
Subtotal			ZMW 1,907.44

Total for Basic Needs and Nutrition Basket

ZMW 2,898.18

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	60.00	Maiteneke-Town	5.00
Grades 8-9 (User + PTA/year)	165.00	Senama-Town	4.00
Grades 10-12 (User + PTA/year)	975.00		
School Uniform (Grades 1-7)	75.00		
School Uniform (Grades 8-9)	200.00		
School Uniform (Grades 8-12)	500.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	17.00	Petrol (per litre)	16.06
		Diesel (per litre)	14.65
		Paraffin (per litre)	11.34

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

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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Jesuit Centre for Theological Reflection (JCTR)

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<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2018-12-31

Mansa December 2018 Basic Needs and Nutrition Basket Report

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