

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	79.50 25kg	2 25kg	159.00
Beans	22.00 kg	3 kg	66.00
Kapenta (Dry)	118.65 kg	2 kg	237.30
Fish (Bream, Dry)	61.50 kg	1 kg	61.50
Beef	33.50 kg	4 kg	134.00
Vegetables	2.70 kg	4 kg	10.80
Tomatoes	5.20 kg	4 kg	20.80
Onion	4.13 kg	2 kg	8.25
Cooking oil (2.5lts)	51.88 Litres	3 Litres	62.25
Bread	9.00 Loaf/day	1 Loaf/day	270.00
Sugar	26.02 2kg	3 2kg	78.07
Milk	7.88 500ml	4 500ml	31.50
Tea	142.40 kg	1 kg	142.40
Eggs	9.83 unit (10 eggs)	2 unit (10 eggs)	19.65
Salt	5.95 kg	1 kg	5.95
SubTotal			ZMW 1,307.47

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	9.30 Tablet(s)	10 Tablet(s)	93.00
Wash soap (BOOM)	10.25 400g	4 400g	40.99
Jelly (Vaseline)	25.23 500ml	1 500ml	25.23
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	96.00 95	1 95	96.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00
Subtotal			ZMW 2,335.22

Total for Basic Needs and Nutrition Basket

ZMW 3,642.68

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Kalukungu-Town	14.00
Grades 8-9 (User + PTA/year)	375.00	Macha Road-Town	14.00
Grades 10-12 (User + PTA/year)	1,400.00		
School Uniform (Grades 1-7)	144.50		
School Uniform (Grades 8-12)	215.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	16.06
Mosquito net (private)	60.00	Diesel (per litre)	14.65
Malaria test	40.00	Paraffin (per litre)	11.34
Consultation Fee	100.00		
CD4 Count	77.00		

(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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Reports

Advocacy on Living Conditions

2018-12-31

Choma December 2018 Basic Needs and Nutrition Basket Report

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