

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	84.70 25kg	2 25kg	169.40
Beans	18.40 kg	3 kg	55.21
Kapenta (Dry)	178.88 kg	2 kg	357.75
Fish (Bream, Dry)	113.33 kg	1 kg	113.33
Beef	41.00 kg	4 kg	164.00
Vegetables	5.88 kg	4 kg	23.50
Tomatoes	6.80 kg	4 kg	27.19
Onion	9.58 kg	2 kg	19.16
Cooking oil (2.5lts)	50.60 Litres	3 Litres	60.72
Bread	7.76 Loaf/day	1 Loaf/day	232.74
Sugar	26.40 2kg	3 2kg	79.19
Milk	7.70 500ml	4 500ml	30.79
Tea	69.60 kg	1 kg	69.60
Eggs	10.07 unit (10 eggs)	2 unit (10 eggs)	20.13
Salt	7.50 kg	1 kg	7.50
<b>SubTotal</b>			<b>ZMW 1,430.21</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	105.75 90kg bag(s)	2 90kg bag(s)	211.50
Soap (Lifebuoy/Champion)	5.00 Tablet(s)	10 Tablet(s)	49.98
Wash soap (BOOM)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	20.50 500ml	1 500ml	20.50
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	2,500.00 95	1 95	2,500.00

**Subtotal** **ZMW 3,263.97**

**Total for Basic Needs and Nutrition Basket** **ZMW 4,694.18**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	300.00		
Grades 8-9 (User + PTA/year)	1,050.00		
Grades 10-12 (User + PTA/year)	1,050.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	16.06
Malaria test	25.00	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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**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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# Kabwe December 2018 Basic Needs and Nutrition Basket Report

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