

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	88.00 25kg	2 25kg	176.00
Beans	16.80 kg	3 kg	50.39
Kapenta (Dry)	60.00 kg	2 kg	120.00
Fish (Bream, Dry)	60.00 kg	1 kg	60.00
Beef	38.60 kg	4 kg	154.39
Vegetables	6.80 kg	4 kg	27.20
Tomatoes	12.00 kg	4 kg	47.99
Onion	11.20 kg	2 kg	22.40
Cooking oil (2.5lts)	48.60 Litres	3 Litres	58.32
Bread	9.00 Loaf/day	1 Loaf/day	270.00
Sugar	24.80 2kg	3 2kg	74.40
Milk	8.10 500ml	4 500ml	32.39
Tea	104.80 kg	1 kg	104.80
Eggs	12.20 unit (10 eggs)	2 unit (10 eggs)	24.40
Salt	8.10 kg	1 kg	8.10
SubTotal			ZMW 1,230.78

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	72.00 90kg bag(s)	2 90kg bag(s)	144.00
Soap (Lifebuoy/Champion)	6.40 Tablet(s)	10 Tablet(s)	63.98
Wash soap (BOOM)	9.80 400g	4 400g	39.19
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
Electricity (medium density)	178.00 95	1 95	178.00
Water & Sanitation (med - fixed)	190.00 95	1 95	190.00
Housing (3 bedroom)	1,125.00 95	1 95	1,125.00

Subtotal **ZMW 1,775.17**

Total for Basic Needs and Nutrition Basket **ZMW 3,005.95**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	804.00	Tazara-Town	15.00
Grades 10-12 (User + PTA/year)	804.00	Location-Town	17.00

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	16.50
Consultation Fee	10.00	Diesel (per litre)	14.65
CD4 Count	20.00	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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2018-12-31

Kasama December 2018 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/1015>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)