

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	85.43 25kg	2 25kg	170.86
Beans	24.98 kg	3 kg	74.93
Kapenta (Dry)	130.23 kg	2 kg	260.45
Fish (Bream, Dry)	142.50 kg	1 kg	142.50
Beef	33.71 kg	4 kg	134.85
Vegetables	6.25 kg	4 kg	25.00
Tomatoes	7.28 kg	4 kg	29.14
Onion	12.43 kg	2 kg	24.85
Cooking oil (2.5lts)	37.51 Litres	3 Litres	45.02
Bread	9.86 Loaf/day	1 Loaf/day	295.67
Sugar	27.00 2kg	3 2kg	81.00
Milk	9.57 500ml	4 500ml	38.28
Tea	123.99 kg	1 kg	123.99
Eggs	10.40 unit (10 eggs)	2 unit (10 eggs)	20.81
Salt	7.28 kg	1 kg	7.28
SubTotal			ZMW 1,474.63

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	175.00 90kg bag(s)	2 90kg bag(s)	350.00
Soap (Lifebuoy/Champion)	9.67 Tablet(s)	10 Tablet(s)	96.65
Wash soap (BOOM)	10.17 400g	4 400g	40.66
Jelly (Vaseline)	22.75 500ml	1 500ml	22.75
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	215.00 95	1 95	215.00
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00
Subtotal			ZMW 2,817.06

Total for Basic Needs and Nutrition Basket

ZMW 4,291.69

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	300.00	Dambwa-Town	20.00
Grades 8-9 (User + PTA/year)	1,892.00	Victoria Falls-Town	30.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	16.06
Malaria test	1.50	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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Reports

Advocacy on Living Conditions

2018-12-31

Livingstone December 2018 Basic Needs and Nutrition Basket Report

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