

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

December 2018

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

| Commodity               | Price (ZMW) / Unit   | Quantity / Month | Total (ZMW) |
|-------------------------|----------------------|------------------|-------------|
| Mealie Meal (Breakfast) | 85.75 25kg           | 2 25kg           | 171.50      |
| Beans                   | 26.83 kg             | 3 kg             | 80.50       |
| Kapenta (Dry)           | 198.33 kg            | 2 kg             | 396.67      |
| Fish (Bream, Dry)       | 107.20 kg            | 1 kg             | 107.20      |
| Beef                    | 34.14 kg             | 4 kg             | 136.56      |
| Vegetables              | 8.67 kg              | 4 kg             | 34.67       |
| Tomatoes                | 6.83 kg              | 4 kg             | 27.33       |
| Onion                   | 6.17 kg              | 2 kg             | 12.33       |
| Cooking oil (2.5lts)    | 47.92 Litres         | 3 Litres         | 57.50       |
| Bread                   | 8.83 Loaf/day        | 1 Loaf/day       | 265.00      |
| Sugar                   | 25.50 2kg            | 3 2kg            | 76.50       |
| Milk                    | 7.67 500ml           | 4 500ml          | 30.67       |
| Tea                     | 85.00 kg             | 1 kg             | 85.00       |
| Eggs                    | 10.00 unit (10 eggs) | 2 unit (10 eggs) | 20.00       |
| Salt                    | 5.25 kg              | 1 kg             | 5.25        |

**SubTotal** **ZMW 1,506.68**

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

| Commodity                        | Price(ZMW) / Unit  | Quantity / Month | Total (ZMW) |
|----------------------------------|--------------------|------------------|-------------|
| Charcoal                         | 137.50 90kg bag(s) | 2 90kg bag(s)    | 275.00      |
| Soap (Lifebuoy/Champion)         | 9.70 Tablet(s)     | 10 Tablet(s)     | 97.00       |
| Wash soap (BOOM)                 | 10.00 400g         | 4 400g           | 40.00       |
| Jelly (Vaseline)                 | 21.50 500ml        | 1 500ml          | 21.50       |
| Electricity (medium density)     | 292.00 95          | 1 95             | 292.00      |
| Water & Sanitation (med - fixed) | 192.00 95          | 1 95             | 192.00      |
| Housing (3 bedroom)              | 3,000.00 95        | 1 95             | 3,000.00    |

**Subtotal** **ZMW 3,917.50**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,424.18**

## (C) SOME OTHER ADDITIONAL COSTS

| <i>Education</i>               |              | <i>Transport (bus fare round trip)</i> |              |
|--------------------------------|--------------|--|--------------|
| Item                           | Amount (ZMW) | Item                                   | Amount (ZMW) |
| Grades 8-9 (User + PTA/year)   | 145.00       | Chilenje - Town                        | 20.00        |
| Grades 10-12 (User + PTA/year) | 975.00       | Chelston - town                        | 20.00        |
|                                |              | Matero - Town                          | 17.00        |
| <i>Health</i>                  |              | <i>Fuel (cost at the pump)</i>         |              |
| item                           | Amount (ZMW) | Item                                   | Amount (ZMW) |
| Registration (book)            | 4.00         | Petrol (per litre)                     | 16.06        |
| Self-referral (Emergency Fee)  | 4.00         | Diesel (per litre)                     | 14.65        |
| Mosquito net (private)         | 75.00        | 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.

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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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