

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	108.75 25kg	2 25kg	217.50
Beans	19.25 kg	3 kg	57.75
Kapenta (Dry)	141.38 kg	2 kg	282.75
Fish (Bream, Dry)	84.00 kg	1 kg	84.00
Beef	31.00 kg	4 kg	124.00
Vegetables	7.42 kg	4 kg	29.69
Tomatoes	6.20 kg	4 kg	24.80
Onion	9.87 kg	2 kg	19.75
Cooking oil (2.5lts)	51.78 Litres	3 Litres	62.13
Bread	9.38 Loaf/day	1 Loaf/day	281.25
Sugar	27.75 2kg	3 2kg	83.24
Milk	7.75 500ml	4 500ml	31.00
Tea	163.75 kg	1 kg	163.75
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	6.88 kg	1 kg	6.88
SubTotal			ZMW 1,488.49

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	71.67 90kg bag(s)	2 90kg bag(s)	143.33
Soap (Lifebuoy/Champion)	7.93 Tablet(s)	3 Tablet(s)	23.78
Wash soap (BOOM)	10.25 400g	4 400g	40.99
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	477.50 95	1 95	477.50
Water & Sanitation (med - fixed)	180.00 95	1 95	180.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00
Subtotal			ZMW 2,385.60

Total for Basic Needs and Nutrition Basket

ZMW 3,874.08

(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	20.00
Grades 8-9 (User + PTA/year)	1,050.00	Macha Road-Town	20.00
Grades 10-12 (User + PTA/year)	5,400.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	15.20
Mosquito net (private)	60.00	Diesel (per litre)	13.40
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

This survey was conducted on 27th December, 2019 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, 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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