

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	63.75 25kg	2 25kg	127.50
Beans	20.83 kg	3 kg	62.48
Kapenta (Dry)	143.50 kg	2 kg	287.00
Fish (Bream, Dry)	75.35 kg	1 kg	75.35
Beef	28.75 kg	4 kg	115.00
Vegetables	7.93 kg	4 kg	31.70
Tomatoes	4.03 kg	4 kg	16.13
Onion	7.43 kg	2 kg	14.85
Cooking oil (2.5lts)	45.25 Litres	2.5 Litres	47.55
Bread	8.63 Loaf/day	1 Loaf/day	258.75
Sugar	24.25 2kg	3 2kg	72.75
Milk	7.25 500ml	4 500ml	29.00
Tea	70.25 kg	1 kg	70.25
Eggs	11.25 unit (10 eggs)	2 unit (10 eggs)	22.50
Salt	5.25 kg	1 kg	5.25
<b>SubTotal</b>			<b>ZMW 1,236.06</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	360.00 90kg bag(s)	2 90kg bag(s)	720.00
Soap (Lifebuoy/Champion)	9.00 Tablet(s)	10 Tablet(s)	90.00
Wash soap (BOOM)	9.38 400g	4 400g	37.50
Jelly (Vaseline)	13.75 500ml	1 500ml	13.75
Electricity (medium density)	477.00 95	1 95	477.00
Water & Sanitation (med - fixed)	96.00 95	1 95	96.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00
<b>Subtotal</b>			<b>ZMW 2,934.25</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,170.31**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Kalukungu-Town	14.00
Grades 8-9 (User + PTA/year)	375.00	Macha Road-Town	14.00
Grades 10-12 (User + PTA/year)	1,400.00		
School Uniform (Grades 1-7)	129.00		
School Uniform (Grades 8-9)	215.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	13.70
Mosquito net (private)	60.00	Diesel (per litre)	11.40
Malaria test	40.00	Paraffin (per litre)	8.03
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, Chinda, 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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