

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	161.67 25 kg bag	2 x 25Kg	323.33
Rice	116.61 5kg	4kg	93.29
Cassava Flour	9.27 1kg	6kg	55.63
(Sweet) Potatoes	10.79 1 Kg	4 Kg	43.16
Beans	24.14 1kg	3kg	72.43
Pounded Groundnut	63.13 1kg	1kg	63.13
Soya Pieces	31.66 1 kg	2kg	63.32
Beef	35.17 1kg	2kg	70.33
Chicken	53.00 2kg	5kg	132.49
Kapenta	143.76 1kg	1kg	143.76
Eggs	14.22 1 unit (10 eggs)	3 Trays (90 eggs)	128.00
Milk (Fresh)	8.67 500 ml	10 liters	173.30
Vegetables	175.48 40 Kg	40kg	175.48
Onion	15.41 1 Kg	4 Kg	61.64
Tomatoes	10.84 1 kg	6 kg	65.06
Banana	7.19 1 Kg	16 Kg	115.10
Other Fruits	14.94 1 kg	14 Kg	209.20
Cooking oil (2.5lts)	61.67 2.5lt	3.6lt	88.80
Salt	5.17 1 Kg	1 Kg	5.17
<b>SubTotal</b>			<b>ZMW 2,082.60</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	93.60 90kg bag(s)	2 90kg bag(s)	187.20
Soap (Lifebuoy/Champion)	8.08 Tablet(s)	3 Tablet(s)	24.25
Wash soap (BOOM)	10.17 400g	4 400g	40.66
Jelly (Vaseline)	24.50 500ml	1 500ml	24.50
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	210.00 Month(s)	1 Month(s)	210.00
Housing (3 bedroom)	1,000.00 Month(s)	1 Month(s)	1,000.00
Sanitary towels	14.00 Pack of 10	2 Pack of 10	28.00
Toilet Paper (2ply)	2.96 Tissue(s)	6 Tissue(s)	17.75
Lotion (Dawn)	20.83 250ml	1 250ml	20.83
<b>Subtotal</b>			<b>ZMW 1,845.18</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 3,927.78</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Manganda-Town	20.00
Grades 8-9 (User + PTA/year)	600.00	Shoprite-Town	10.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	15.59
Malaria test	20.00	Paraffin (per litre)	15.39

## (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, Chainta, 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

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2019-01-30

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