

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	70.67 25kg	2 25kg	141.33
Beans	13.06 kg	3 kg	39.18
Kapenta (Dry)	137.55 kg	2 kg	275.10
Fish (Bream, Dry)	98.70 kg	1 kg	98.70
Beef	42.32 kg	4 kg	169.27
Vegetables	3.78 kg	4 kg	15.12
Tomatoes	5.54 kg	4 kg	22.15
Onion	8.19 kg	2 kg	16.38
Cooking oil (2.5lts)	38.83 Litres	2.5 Litres	38.83
Bread	7.50 Loaf/day	1 Loaf/day	225.00
Sugar	24.83 2kg	3 2kg	74.50
Milk	9.83 500ml	4 500ml	39.33
Tea	80.20 kg	1 kg	80.20
Eggs	10.68 unit (10 eggs)	2 unit (10 eggs)	21.37
Salt	9.17 kg	1 kg	9.17
SubTotal			ZMW 1,265.63

(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)	8.67 Tablet(s)	10 Tablet(s)	86.67
Wash soap (BOOM)	8.65 400g	4 400g	34.59
Jelly (Vaseline)	20.67 500ml	1 500ml	20.67
Electricity (medium density)	213.00 95	1 95	213.00
Water & Sanitation (med - fixed)	293.00 95	1 95	293.00
Housing (3 bedroom)	2,000.00 95	1 95	2,000.00
Subtotal			ZMW 2,835.13

Total for Basic Needs and Nutrition Basket

ZMW 4,100.75

(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)	300.00	Chawama-Town	7.00
Grades 8-9 (User + PTA/year)	125.00	Mitec-Town	7.00
School Uniform (Grades 8-9)	280.00	Messenger-Town	7.00
		80704	7.50
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	20.00	Petrol (per litre)	13.70
Mosquito net (private)	20.00	Diesel (per litre)	11.40
Consultation Fee	1.00		

(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, Chanda, 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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