

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	70.75 25kg	2 25kg	141.50
Beans	38.75 kg	3 kg	116.25
Kapenta (Dry)	237.50 kg	2 kg	475.00
Fish (Bream, Dry)	160.00 kg	1 kg	160.00
Beef	32.50 kg	4 kg	130.00
Vegetables	9.00 kg	4 kg	36.00
Tomatoes	8.00 kg	4 kg	32.00
Onion	11.75 kg	2 kg	23.50
Cooking oil (2.5lts)	54.00 Litres	2.5 Litres	54.00
Bread	9.13 Loaf/day	1 Loaf/day	273.75
Sugar	27.00 2kg	3 2kg	81.00
Milk	8.25 500ml	4 500ml	33.00
Tea	64.00 kg	1 kg	64.00
Eggs	10.75 unit (10 eggs)	2 unit (10 eggs)	21.50
Salt	6.75 kg	1 kg	6.75
SubTotal			ZMW 1,648.25

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	10 Tablet(s)	100.00
Wash soap (BOOM)	11.00 400g	4 400g	44.00
Jelly (Vaseline)	16.38 500ml	1 500ml	16.38
Electricity (medium density)	200.00 95	1 95	200.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00

Subtotal

ZMW 2,290.38

Total for Basic Needs and Nutrition Basket

ZMW 3,938.63

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	270.00	Site & Service	20.00
Grades 8-9 (User + PTA/year)	390.00	Manungu	20.00
Grades 10-12 (User + PTA/year)	1,000.00		
School Uniform (Grades 1-7)	57.50		
School Uniform (Grades 8-12)	92.50		

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00	Petrol (per litre)	13.70
Malaria test	50.00	Diesel (per litre)	11.40
		Paraffin (per litre)	8.30

(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.

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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