

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.67 25 kg bag	2 x 25Kg	263.33
Rice	79.99 5kg	4kg	63.99
Cassava Flour	11.93 1kg	6kg	71.60
(Sweet) Potatoes	10.23 1 Kg	4 Kg	40.93
Beans	13.67 1kg	3kg	41.02
Pounded Groundnut	32.47 1kg	1kg	32.47
Soya Pieces	26.47 1 kg	2kg	52.94
Beef	44.80 1kg	2kg	89.60
Chicken	60.00 2kg	5kg	150.00
Kapenta	124.23 1kg	1kg	124.23
Eggs	11.44 1 unit (10 eggs)	3 Trays (90 eggs)	103.00
Milk (Fresh)	7.17 500 ml	10 liters	143.30
Vegetables	275.38 40 Kg	40kg	275.38
Onion	8.84 1 Kg	4 Kg	35.34
Tomatoes	11.47 1 kg	6 kg	68.79
Banana	12.49 1 Kg	16 Kg	199.82
Other Fruits	18.01 1 kg	14 Kg	252.09
Cooking oil (2.5lts)	60.83 2.5lt	3.6lt	87.60
Salt	9.57 1 Kg	1 Kg	9.57
Tea	11.99 250g	250g	11.99
<b>SubTotal</b>			<b>ZMW 2,116.99</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.80 90kg bag(s)	2 90kg bag(s)	253.60
Soap (Lifebuoy/Champion)	9.17 Tablet(s)	3 Tablet(s)	27.50
Wash soap (BOOM)	10.75 400g	4 400g	42.99
Jelly (Vaseline)	26.67 500ml	1 500ml	26.67
Electricity (medium density)	375.00 Month(s)	1 Month(s)	375.00
Housing (High density)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	14.67 Pack of 10	2 Pack of 10	29.33
Toilet Paper (2ply)	3.08 Tissue(s)	6 Tissue(s)	18.50
Lotion (Dawn)	24.17 250ml	1 250ml	24.17
<b>Subtotal</b>			<b>ZMW 2,797.75</b>

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

**ZMW 4,914.74**

## (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)	100.00	Mpatamatu-Town	12.00
Grades 8-9 (User + PTA/year)	600.00	Roan - Kalala	12.00
Grades 10-12 (User + PTA/year)	600.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Malaria test	15.00	Diesel (per litre)	15.79
		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, 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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# Lwanshya January 2019 Basic Needs and Nutrition Basket Report

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