

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	96.67 25 kg bag	2 x 25Kg	193.33
Beans	21.20 1kg	3kg	63.59
Beef	40.81 1kg	2kg	81.62
Chicken	56.73 2kg	5kg	141.82
Kapenta	86.42 1kg	1kg	86.42
Eggs	12.50 1 unit (10 eggs)	3 Trays (90 eggs)	112.50
Milk (Fresh)	7.30 500 ml	10 liters	145.97
Vegetables	230.61 40 Kg	40kg	230.61
Onion	11.33 1 Kg	4 Kg	45.32
Tomatoes	7.00 1 kg	6 kg	41.99
Banana	7.99 1 Kg	16 Kg	127.84
Other Fruits	27.26 1 kg	14 Kg	381.69
Cooking oil (2.5lts)	48.67 2.5lt	3.6lt	70.08
Salt	6.43 1 Kg	1 Kg	6.43
Tea	14.43 250g	250g	14.43
<b>SubTotal</b>			<b>ZMW 1,743.64</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	139.20 90kg bag(s)	2 90kg bag(s)	278.40
Soap (Lifebuoy/Champion)	8.17 Tablet(s)	3 Tablet(s)	24.50
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	20.50 500ml	1 500ml	20.50
Electricity (medium density)	150.00 Month(s)	1 Month(s)	150.00
Water & Sanitation (med - fixed)	115.13 Month(s)	1 Month(s)	115.13
Housing (3 bedroom)	1,233.00 Month(s)	1 Month(s)	1,233.00
Toilet Paper (2ply)	6.75 Tissue(s)	6 Tissue(s)	40.50
Lotion (Dawn)	13.83 250ml	1 250ml	13.83
<b>Subtotal</b>			<b>ZMW 1,915.18</b>

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

**ZMW 3,658.82**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	175.00	Maiteneke-Town	16.00
Grades 10-12 (User + PTA/year)	1,500.00	Senama-Town	12.00
School Uniform (Grades 1-7)	100.00		
School Uniform (Grades 8-12)	659.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	17.00	Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		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, 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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