

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	68.00 25kg	2 25kg	136.00
Beans	11.60 kg	3 kg	34.80
Kapenta (Dry)	89.00 kg	2 kg	178.00
Fish (Bream, Dry)	93.75 kg	1 kg	93.75
Beef	35.60 kg	4 kg	142.40
Vegetables	4.20 kg	4 kg	16.80
Tomatoes	8.00 kg	4 kg	32.00
Onion	10.00 kg	2 kg	20.00
Cooking oil (2.5lts)	46.50 Litres	2.5 Litres	46.50
Bread	8.50 Loaf/day	1 Loaf/day	255.00
Sugar	28.00 2kg	3 2kg	84.00
Milk	8.00 500ml	4 500ml	32.00
Tea	55.20 kg	1 kg	55.20
Eggs	15.00 unit (10 eggs)	2 unit (10 eggs)	30.00
Salt	6.60 kg	1 kg	6.60
SubTotal			ZMW 1,163.05

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	63.00 90kg bag(s)	2 90kg bag(s)	126.00
Soap (Lifebuoy/Champion)	7.40 Tablet(s)	10 Tablet(s)	74.00
Wash soap (BOOM)	9.60 400g	4 400g	38.40
Jelly (Vaseline)	22.00 500ml	1 500ml	22.00
Electricity (medium density)	160.00 95	1 95	160.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00
Subtotal			ZMW 1,570.40

Total for Basic Needs and Nutrition Basket

ZMW 2,733.45

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	300.00	Tazara-Town	80.00
Grades 8-9 (User + PTA/year)	1,290.00	Chilonga-Town	160.00
Grades 10-12 (User + PTA/year)	1,452.00		
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-12)	385.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	13.70
Malaria test	35.00	Diesel (per litre)	11.40
		Paraffin (per litre)	8.03

(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.

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