

JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	101.40 25kg	2 25kg	202.80
Beans	13.42 kg	3 kg	40.25
Kapenta (Dry)	78.08 kg	2 kg	156.17
Fish (Bream, Dry)	82.50 kg	1 kg	82.50
Beef	31.00 kg	4 kg	123.99
Vegetables	8.42 kg	4 kg	33.69
Tomatoes	16.68 kg	4 kg	66.71
Onion	13.65 kg	2 kg	27.30
Cooking oil (2.5lts)	59.17 Litres	3 Litres	71.00
Bread	9.83 Loaf/day	1 Loaf/day	294.95
Sugar	26.83 2kg	3 2kg	80.50
Milk	7.08 500ml	4 500ml	28.33
Tea	48.67 kg	1 kg	48.67
Eggs	13.80 unit (10 eggs)	2 unit (10 eggs)	27.60
Salt	7.33 kg	1 kg	7.33
SubTotal			ZMW 1,291.76

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	138.60 90kg bag(s)	2 90kg bag(s)	277.20
Soap (Lifebuoy/Champion)	8.25 Tablet(s)	3 Tablet(s)	24.75
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	20.17 500ml	1 500ml	20.17
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	120.00 95	1 95	120.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

Subtotal

ZMW 2,273.44

Total for Basic Needs and Nutrition Basket

ZMW 3,565.20

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	550.00	Gonder-Town	30.00
Grades 8-9 (User + PTA/year)	970.00	Kapata-Town	40.00
Grades 10-12 (User + PTA/year)	1,400.00		
School Uniform (Grades 1-7)	300.00		
School Uniform (Grades 8-12)	380.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	30.00	Petrol (per litre)	15.20
Self-referral (Emergency Fee)	60.00	Diesel (per litre)	13.65
Malaria test	60.00	Paraffin (per litre)	11.34
Consultation Fee	100.00		
CD4 Count	100.00		

(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, 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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