

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	71.14 25kg	2 25kg	142.28
Beans	28.85 kg	3 kg	86.56
Kapenta (Dry)	158.00 kg	2 kg	316.00
Fish (Bream, Dry)	208.00 kg	1 kg	208.00
Beef	36.15 kg	4 kg	144.60
Vegetables	29.60 kg	4 kg	118.40
Tomatoes	21.00 kg	4 kg	83.99
Onion	21.71 kg	2 kg	43.43
Cooking oil (2.5lts)	46.78 2.5ltr	2.5 2.5ltr	48.15
Bread	7.64 Loaf/day	1 Loaf/day	229.24
Sugar	25.85 2kg	3 2kg	77.56
Milk	7.55 500ml	4 500ml	30.22
Tea	153.27 kg	1 kg	153.27
Eggs	14.78 unit (10 eggs)	2 unit (10 eggs)	29.56
Salt	11.71 kg	1 kg	11.71
SubTotal			ZMW 1,722.98

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	246.00 90kg bag(s)	2 90kg bag(s)	492.00
Soap (Lifebuoy/Champion)	8.78 Tablet(s)	10 Tablet(s)	80.54
Wash soap (BOOM)	9.21 400g	4 400g	36.85
Jelly (Vaseline)	27.14 500ml	1 500ml	27.14
Electricity (medium density)	314.06 95	1 95	314.06
Water & Sanitation (med - fixed)	118.00 95	1 95	118.00
Housing (3 bedroom)	2,150.00 95	1 95	2,150.00
Subtotal			ZMW 3,218.59

Total for Basic Needs and Nutrition Basket

ZMW 4,941.57

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Ndeke-Town	10.00
Grades 8-9 (User + PTA/year)	700.00	Chifubu-Town	10.00
Grades 10-12 (User + PTA/year)	900.00	Masala-Town	8.00
School Uniform (Grades 1-7)	680.00	Twapia-Town	11.00
School Uniform (Grades 8-9)	990.00	Mushili-Town	10.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
CD4 Count	280.00	Petrol (per litre)	13.70
Malaria Slide (Private)	90.00	Diesel (per litre)	11.40
Consultation fee	1.00	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, 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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