

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	71.00 25kg	2 25kg	142.00
Beans	24.40 kg	3 kg	73.20
Kapenta (Dry)	188.84 kg	2 kg	377.68
Fish (Bream, Dry)	212.50 kg	1 kg	212.50
Beef	37.50 kg	4 kg	150.00
Vegetables	5.50 kg	4 kg	22.00
Tomatoes	8.60 kg	4 kg	34.40
Onion	14.20 kg	2 kg	28.40
Cooking oil (2.5lts)	45.60 Litres	2.5 Litres	52.92
Bread	7.80 Loaf/day	1 Loaf/day	234.00
Sugar	25.60 2kg	3 2kg	76.80
Milk	7.20 500ml	4 500ml	28.80
Tea	55.66 kg	1 kg	55.66
Eggs	10.60 unit (10 eggs)	2 unit (10 eggs)	21.20
Salt	5.90 kg	1 kg	5.90
SubTotal			ZMW 1,515.46

(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)	9.80 Tablet(s)	10 Tablet(s)	98.00
Wash soap (BOOM)	9.80 400g	4 400g	39.20
Jelly (Vaseline)	22.80 500ml	1 500ml	22.80
Electricity (medium density)	190.00 95	1 95	190.00
Water & Sanitation (med - fixed)	204.00 95	1 95	204.00
Housing (3 bedroom)	1,125.00 95	1 95	1,125.00
Subtotal			ZMW 1,805.00

Total for Basic Needs and Nutrition Basket

ZMW 3,320.46

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	360.00	Tazara-Town	17.50
Grades 10-12 (User + PTA/year)	1,200.00	Location-Town	22.50
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	10.00	Petrol (per litre)	13.70
Mosquito net (private)	20.00	Diesel (per litre)	11.40
CD4 Count	20.00	Paraffin (per litre)	8.03
Malaria Slide (Private)	20.00		
Consultation fee	10.00		

(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, 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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2018-01-30

Kasama January 2018 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/1268>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)