

# JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	66.36 25kg	2 25kg	132.71
Beans	24.53 kg	3 kg	73.58
Kapenta (Dry)	124.72 kg	2 kg	249.44
Fish (Bream, Dry)	141.50 kg	1 kg	141.50
Beef	31.67 kg	4 kg	126.66
Vegetables	6.50 kg	4 kg	26.00
Tomatoes	6.93 kg	4 kg	27.71
Onion	10.43 kg	2 kg	20.85
Cooking oil (2.5lts)	33.71 Litres	3 Litres	40.46
Bread	9.36 Loaf/day	1 Loaf/day	280.67
Sugar	25.57 2kg	3 2kg	76.71
Milk	7.21 500ml	4 500ml	28.85
Tea	123.71 kg	1 kg	123.71
Eggs	11.16 unit (10 eggs)	2 unit (10 eggs)	22.31
Salt	6.86 kg	1 kg	6.86
<b>SubTotal</b>			<b>ZMW 1,378.03</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	192.40 90kg bag(s)	2 90kg bag(s)	384.80
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	10 Tablet(s)	93.32
Wash soap (BOOM)	9.86 400g	4 400g	39.42
Jelly (Vaseline)	24.08 500ml	1 500ml	24.08
Electricity (medium density)	226.00 95	1 95	226.00
Water & Sanitation (med - fixed)	254.00 95	1 95	254.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00
<b>Subtotal</b>			<b>ZMW 2,621.62</b>

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

**ZMW 3,999.65**

## (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)	300.00	Dambwa-Town	14.00
Grades 10-12 (User + PTA/year)	1,892.00	Victoria Falls-Town	20.00
School Uniform (Grades 1-7)	176.00		
School Uniform (Grades 8-12)	270.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	13.70
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	11.40
Malaria test	1.50	Paraffin (per litre)	8.30
Consultation Fee	50.00		

## (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, 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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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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