

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	60.42 25kg	2 25kg	120.83
Beans	30.20 kg	3 kg	90.60
Kapenta (Dry)	178.80 kg	2 kg	357.60
Fish (Bream, Dry)	107.38 kg	1 kg	107.38
Beef	34.15 kg	4 kg	136.60
Vegetables	10.20 kg	4 kg	40.80
Tomatoes	8.50 kg	4 kg	34.00
Onion	9.83 kg	2 kg	19.67
Cooking oil (2.5lts)	43.17 Litres	2.5 Litres	46.15
Bread	7.77 Loaf/day	1 Loaf/day	233.00
Sugar	25.42 2kg	3 2kg	76.25
Milk	6.80 500ml	4 500ml	27.20
Tea	85.00 kg	1 kg	85.00
Eggs	10.55 unit (10 eggs)	2 unit (10 eggs)	21.10
Salt	5.67 kg	1 kg	5.67
<b>SubTotal</b>			<b>ZMW 1,401.84</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	118.75 90kg bag(s)	2 90kg bag(s)	237.50
Soap (Lifebuoy/Champion)	4.58 Tablet(s)	10 Tablet(s)	45.83
Wash soap (BOOM)	9.08 400g	4 400g	36.33
Jelly (Vaseline)	18.42 500ml	1 500ml	18.42
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	197.21 95	1 95	197.21
Housing (3 bedroom)	3,000.00 95	1 95	3,000.00

**Subtotal**

**ZMW 3,827.29**

**Total for Basic Needs and Nutrition Basket**

**ZMW 5,229.14**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	500.00	Chilenje - Town	15.00
Grades 10-12 (User + PTA/year)	975.00	Chelston - town	15.00
School Uniform (Grades 1-7)	145.00	Matero - Town	12.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	4.00	Petrol (per litre)	13.70
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	11.40
Mosquito net (private)	75.00	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, Chainta, 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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