

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	72.20 25kg	2 25kg	144.40
Beans	15.50 kg	3 kg	46.50
Kapenta (Dry)	295.00 kg	2 kg	590.00
Fish (Bream, Dry)	232.50 kg	1 kg	232.50
Beef	41.73 kg	4 kg	166.90
Vegetables	6.00 kg	4 kg	24.00
Tomatoes	6.80 kg	4 kg	27.19
Onion	8.90 kg	2 kg	17.80
Cooking oil (2.5lts)	42.40 Litres	2.5 Litres	44.16
Bread	8.80 Loaf/day	1 Loaf/day	263.94
Sugar	24.40 2kg	3 2kg	73.19
Milk	8.20 500ml	4 500ml	32.79
Tea	87.06 kg	1 kg	87.06
Eggs	9.60 unit (10 eggs)	2 unit (10 eggs)	19.20
Salt	8.80 kg	1 kg	8.80
<b>SubTotal</b>			<b>ZMW 1,778.43</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	119.67 90kg bag(s)	2 90kg bag(s)	239.33
Soap (Lifebuoy/Champion)	5.00 Tablet(s)	10 Tablet(s)	50.00
Wash soap (BOOM)	8.96 400g	4 400g	35.84
Jelly (Vaseline)	23.70 500ml	1 500ml	23.70
Electricity (medium density)	271.00 95	1 95	271.00
Water & Sanitation (med - fixed)	234.50 95	1 95	234.50
Housing (3 bedroom)	1,700.00 95	1 95	1,700.00
<b>Subtotal</b>			<b>ZMW 2,554.37</b>

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

**ZMW 4,332.80**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chamboli-Town	10.00
Grades 10-12 (User + PTA/year)	850.00	Chimwemwe-Town	10.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	10.00	Petrol (per litre)	13.70
Self-referral (Emergency Fee)	10.00	Diesel (per litre)	11.40
Malaria test	10.00	Paraffin (per litre)	8.03
Consultation Fee	10.00		
CD4 Count	20.00		

## (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.

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