

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	62.17 25kg	2 25kg	124.33
Beans	21.00 kg	3 kg	63.00
Kapenta (Dry)	154.00 kg	2 kg	308.00
Fish (Bream, Dry)	196.00 kg	1 kg	196.00
Beef	39.67 kg	4 kg	158.66
Vegetables	6.00 kg	4 kg	24.00
Tomatoes	6.17 kg	4 kg	24.66
Onion	14.33 kg	2 kg	28.66
Cooking oil (2.5lts)	43.67 Litres	2.5 Litres	48.00
Bread	7.67 Loaf/day	1 Loaf/day	229.95
Sugar	25.00 2kg	3 2kg	75.00
Milk	5.83 500ml	4 500ml	23.33
Tea	40.00 kg	1 kg	40.00
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	10.17 kg	1 kg	10.17
SubTotal			ZMW 1,373.75

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	198.00 90kg bag(s)	2 90kg bag(s)	396.00
Soap (Lifebuoy/Champion)	5.47 Tablet(s)	10 Tablet(s)	54.65
Wash soap (BOOM)	9.73 400g	4 400g	38.93
Jelly (Vaseline)	20.75 500ml	1 500ml	20.75
Electricity (medium density)	325.00 95	1 95	325.00
Water & Sanitation (med - fixed)	104.36 95	1 95	104.36
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

Subtotal

ZMW 2,439.68

Total for Basic Needs and Nutrition Basket

ZMW 3,813.43

(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)	125.00	Mpatamatu-Town	16.00
Grades 8-9 (User + PTA/year)	650.00	Roan - Kalala	10.00
Grades 10-12 (User + PTA/year)	940.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	10.00	Petrol (per litre)	12.97
Mosquito net (private)	20.00	Diesel (per litre)	11.09
Malaria test	10.00	Paraffin (per litre)	8.13
Malaria Slide (Govt.)	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.

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