

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	70.00 25kg	2 25kg	140.00
Beans	18.33 kg	3 kg	54.99
Kapenta (Dry)	121.10 kg	2 kg	242.19
Fish (Bream, Dry)	64.10 kg	1 kg	64.10
Beef	38.00 kg	4 kg	151.98
Vegetables	3.14 kg	4 kg	12.56
Tomatoes	4.53 kg	4 kg	18.10
Onion	10.83 kg	2 kg	21.66
Cooking oil (2.5lts)	47.83 Litres	2.5 Litres	49.50
Bread	7.00 Loaf/day	1 Loaf/day	209.95
Sugar	25.93 2kg	3 2kg	77.79
Milk	6.75 500ml	4 500ml	26.99
Tea	35.56 kg	1 kg	35.56
Eggs	11.00 unit (10 eggs)	2 unit (10 eggs)	22.00
Salt	7.33 kg	1 kg	7.33
<b>SubTotal</b>			<b>ZMW 1,134.70</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	84.60 90kg bag(s)	2 90kg bag(s)	169.20
Soap (Lifebuoy/Champion)	4.83 Tablet(s)	10 Tablet(s)	48.32
Wash soap (BOOM)	9.75 400g	4 400g	38.99
Jelly (Vaseline)	21.66 500ml	1 500ml	21.66
Electricity (medium density)	100.00 95	1 95	100.00
Water & Sanitation (med - fixed)	215.00 95	1 95	215.00
Housing (3 bedroom)	1,233.00 95	1 95	1,233.00

**Subtotal**

**ZMW 1,826.17**

**Total for Basic Needs and Nutrition Basket**

**ZMW 2,960.87**

## (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)	60.00	Maiteneke-Town	5,000.00
Grades 8-9 (User + PTA/year)	165.00	Senama-Town	4,000.00
Grades 10-12 (User + PTA/year)	975.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	17.00	Petrol (per litre)	13.70
		Diesel (per litre)	11.40
		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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