

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	120.17 25kg	2 25kg	240.33
Beans	23.33 kg	3 kg	70.00
Kapenta (Dry)	194.67 kg	2 kg	389.33
Fish (Bream, Dry)	208.60 kg	1 kg	208.60
Beef	39.35 kg	4 kg	157.39
Vegetables	5.58 kg	4 kg	22.33
Tomatoes	3.75 kg	4 kg	14.99
Onion	13.92 kg	2 kg	27.85
Cooking oil (2.5lts)	49.17 Litres	3 Litres	59.00
Bread	9.70 Loaf/day	1 Loaf/day	291.00
Sugar	27.17 2kg	3 2kg	81.50
Milk	8.33 500ml	4 500ml	33.33
Tea	87.83 kg	1 kg	87.83
Eggs	14.97 unit (10 eggs)	2 unit (10 eggs)	29.93
Salt	11.67 kg	1 kg	11.67
SubTotal			ZMW 1,725.05

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	190.80 90kg bag(s)	2 90kg bag(s)	381.60
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.50
Wash soap (BOOM)	17.42 400g	4 400g	69.66
Jelly (Vaseline)	29.83 500ml	1 500ml	29.83
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	292.00 95	1 95	292.00
Housing (3 bedroom)	2,200.00 95	1 95	2,200.00
Subtotal			ZMW 3,291.59

Total for Basic Needs and Nutrition Basket

ZMW 5,016.64

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Chawama-Town	10.00
Grades 8-9 (User + PTA/year)	4,440.00	Mitec-Town	10.00
Grades 10-12 (User + PTA/year)	2,250.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	15.20
Malaria test	50.00	Diesel (per litre)	13.43
		Paraffin (per litre)	11.34

(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, Chainda, 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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