

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	98.57 25kg	2 25kg	197.14
Beans	25.82 kg	3 kg	77.45
Kapenta (Dry)	121.17 kg	2 kg	242.33
Fish (Bream, Dry)	73.95 kg	1 kg	73.95
Beef	34.00 kg	4 kg	135.99
Vegetables	5.75 kg	4 kg	23.00
Tomatoes	6.64 kg	4 kg	26.57
Onion	10.28 kg	2 kg	20.57
Cooking oil (2.5lts)	38.28 Litres	3 Litres	45.94
Bread	9.64 Loaf/day	1 Loaf/day	289.24
Sugar	25.99 2kg	3 2kg	77.97
Milk	8.64 500ml	4 500ml	34.57
Tea	108.80 kg	1 kg	108.80
Eggs	10.81 unit (10 eggs)	2 unit (10 eggs)	21.62
Salt	12.99 kg	1 kg	12.99
SubTotal			ZMW 1,388.12

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	79.50 90kg bag(s)	2 90kg bag(s)	159.00
Soap (Lifebuoy/Champion)	10.07 Tablet(s)	3 Tablet(s)	30.21
Wash soap (BOOM)	10.43 400g	4 400g	41.71
Jelly (Vaseline)	23.00 500ml	1 500ml	23.00
Electricity (medium density)	250.00 95	1 95	250.00
Water & Sanitation (med - fixed)	300.00 95	1 95	300.00
Housing (3 bedroom)	1,700.00 95	1 95	1,700.00
Subtotal			ZMW 2,503.92

Total for Basic Needs and Nutrition Basket

ZMW 3,892.04

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	900.00	Dambwa-Town	16.00
Grades 8-9 (User + PTA/year)	2,400.00	Maramba-Town	14.00
Grades 10-12 (User + PTA/year)	2,400.00		
School Uniform (Grades 1-7)	175.00		
School Uniform (Grades 8-12)	225.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	100.00	Petrol (per litre)	15.20
		Diesel (per litre)	13.80
		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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2019-04-30

Livingstone April 2019 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/1298>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)