

JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	69.60 25kg	2 25kg	139.20
Beans	14.38 kg	3 kg	43.14
Kapenta (Dry)	52.27 kg	2 kg	104.54
Fish (Bream, Dry)	67.50 kg	1 kg	67.50
Beef	30.17 kg	4 kg	120.67
Vegetables	2.79 kg	4 kg	11.18
Tomatoes	5.66 kg	4 kg	22.65
Onion	5.87 kg	2 kg	11.74
Cooking oil (2.5lts)	48.50 Litres	2.5 Litres	48.50
Bread	8.72 Loaf/day	1 Loaf/day	261.50
Sugar	26.08 2kg	3 2kg	78.25
Milk	6.42 500ml	4 500ml	25.67
Tea	6.40 kg	1 kg	6.40
Eggs	11.47 unit (10 eggs)	2 unit (10 eggs)	22.93
Salt	5.80 kg	1 kg	5.80
SubTotal			ZMW 969.66

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	70.00 90kg bag(s)	2 90kg bag(s)	140.00
Soap (Lifebuoy/Champion)	5.25 Tablet(s)	10 Tablet(s)	52.50
Wash soap (BOOM)	9.17 400g	4 400g	36.66
Jelly (Vaseline)	20.57 500ml	1 500ml	20.57
Electricity (medium density)	100.00 95	1 95	100.00
Water & Sanitation (med - fixed)	80.00 95	1 95	80.00
Housing (3 bedroom)	950.00 95	1 95	950.00

Subtotal

ZMW 1,379.73

Total for Basic Needs and Nutrition Basket

ZMW 2,349.39

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	225.00	Border-Town	40.00
Grades 8-9 (User + PTA/year)	625.00	Gonder-Town	20.00
Grades 10-12 (User + PTA/year)	1,333.00	Kapata-Town	30.00
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-12)	300.00		

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	40.00	Petrol (per litre)	13.70
Consultation Fee	80.00	Diesel (per litre)	11.40
CD4 Count	80.00	Paraffin (per litre)	7.82

(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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