

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

January 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	73.75 25kg	2 25kg	147.50
Beans	13.50 kg	3 kg	40.50
Kapenta (Dry)	100.00 kg	2 kg	200.00
Fish (Bream, Dry)	87.50 kg	1 kg	87.50
Beef	36.50 kg	4 kg	146.00
Vegetables	5.00 kg	4 kg	20.00
Tomatoes	7.00 kg	4 kg	28.00
Onion	13.50 kg	2 kg	27.00
Cooking oil (2.5lts)	52.50 Litres	2.5 Litres	52.50
Bread	10.00 Loaf/day	1 Loaf/day	300.00
Sugar	25.25 2kg	3 2kg	75.75
Milk	7.25 500ml	4 500ml	29.00
Tea	10.00 kg	1 kg	10.00
Eggs	9.25 unit (10 eggs)	2 unit (10 eggs)	18.50
Salt	10.00 kg	1 kg	7.50
SubTotal			ZMW 1,189.75

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	105.00 90kg bag(s)	2 90kg bag(s)	210.00
Soap (Lifebuoy/Champion)	5.00 Tablet(s)	10 Tablet(s)	50.00
Wash soap (BOOM)	14.50 400g	4 400g	58.00
Jelly (Vaseline)	10.00 500ml	1 500ml	10.00
Electricity (medium density)	18.00 95	1 95	18.00
Water & Sanitation (med - fixed)	154.00 95	1 95	154.00
Housing (3 bedroom)	1,763.00 95	1 95	1,763.00

Subtotal

ZMW 2,263.00

Total for Basic Needs and Nutrition Basket

ZMW 3,452.75

(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)	50.00	Lubwa-Town	50.00
Grades 8-9 (User + PTA/year)	385.00	Turn off-Town	50.00
Grades 10-12 (User + PTA/year)	375.00	60212	40.00
		60213	40.00
<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)	13.70
Malaria test	15.00	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, 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.

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

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