

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	106.54 25kg	2 25kg	213.08
Beans	15.50 kg	3 kg	46.50
Kapenta (Dry)	377.50 kg	2 kg	755.00
Fish (Bream, Dry)	265.00 kg	1 kg	265.00
Beef	36.88 kg	4 kg	147.50
Vegetables	4.38 kg	4 kg	17.50
Tomatoes	12.70 kg	4 kg	50.79
Onion	16.00 kg	2 kg	31.99
Cooking oil (2.5lts)	49.10 Litres	3 Litres	58.92
Bread	9.40 Loaf/day	1 Loaf/day	281.88
Sugar	28.10 2kg	3 2kg	84.29
Milk	9.30 500ml	4 500ml	37.19
Tea	29.50 kg	1 kg	29.50
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	12.00 kg	1 kg	12.00
<b>SubTotal</b>			<b>ZMW 2,051.15</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	9.60 Tablet(s)	3 Tablet(s)	28.79
Wash soap (BOOM)	14.37 400g	4 400g	57.49
Jelly (Vaseline)	24.87 500ml	1 500ml	24.87
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	254.00 95	1 95	254.00
Housing (3 bedroom)	2,000.00 95	1 95	2,000.00
<b>Subtotal</b>			<b>ZMW 2,945.16</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,996.30**

## (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)	200.00	Ndeke-Town	14.00
Grades 8-9 (User + PTA/year)	1,150.00	Chimwemwe-Town	14.00
Grades 10-12 (User + PTA/year)	1,150.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	15.20
Malaria test	20.00	Diesel (per litre)	13.30
CD4 Count	10.00	Paraffin (per litre)	11.30

## (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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**JCTR Repository**

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