

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	97.25 25kg	2 25kg	194.50
Beans	10.50 kg	3 kg	31.50
Kapenta (Dry)	82.50 kg	2 kg	165.00
Fish (Bream, Dry)	83.75 kg	1 kg	83.75
Beef	40.00 kg	4 kg	160.00
Vegetables	5.00 kg	4 kg	20.00
Tomatoes	11.25 kg	4 kg	45.00
Onion	10.50 kg	2 kg	21.00
Cooking oil (2.5lts)	50.00 Litres	3 Litres	60.00
Bread	10.00 Loaf/day	1 Loaf/day	300.00
Sugar	30.00 2kg	3 2kg	90.00
Milk	7.25 500ml	4 500ml	29.00
Tea	19.50 kg	1 kg	19.50
Eggs	13.75 unit (10 eggs)	2 unit (10 eggs)	27.50
Salt	10.00 kg	1 kg	10.00
<b>SubTotal</b>			<b>ZMW 1,256.75</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	60.00 90kg bag(s)	2 90kg bag(s)	120.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	10 Tablet(s)	100.00
Wash soap (BOOM)	15.25 400g	4 400g	61.00
Jelly (Vaseline)	14.25 500ml	1 500ml	14.25
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	154.00 95	1 95	154.00
Housing (3 bedroom)	1,762.00 95	1 95	1,762.00
<b>Subtotal</b>			<b>ZMW 2,503.25</b>

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

**ZMW 3,760.00**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	340.00	Turn off-Town	80.00
Grades 10-12 (User + PTA/year)	375.00	60213	50.00

<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)	13.75
Mosquito net (private)	20.00	Diesel (per litre)	12.87
Malaria test	15.00	Paraffin (per litre)	8.87

## (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)

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