

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	70.25 25kg	2 25kg	140.50
Beans	23.45 kg	3 kg	70.35
Kapenta (Dry)	112.10 kg	2 kg	224.20
Fish (Bream, Dry)	74.50 kg	1 kg	74.50
Beef	30.70 kg	4 kg	122.80
Vegetables	3.80 kg	4 kg	15.20
Tomatoes	15.60 kg	4 kg	62.40
Onion	18.50 kg	2 kg	37.00
Cooking oil (2.5lts)	46.94 Litres	3 Litres	56.33
Bread	8.88 Loaf/day	1 Loaf/day	266.25
Sugar	26.95 2kg	3 2kg	80.85
Milk	6.63 500ml	4 500ml	26.50
Tea	168.40 kg	1 kg	168.40
Eggs	10.38 unit (10 eggs)	2 unit (10 eggs)	20.75
Salt	6.18 kg	1 kg	6.18
SubTotal			ZMW 1,372.20

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	167.33 90kg bag(s)	2 90kg bag(s)	334.67
Soap (Lifebuoy/Champion)	7.93 Tablet(s)	10 Tablet(s)	79.25
Wash soap (BOOM)	9.36 400g	4 400g	37.45
Jelly (Vaseline)	23.85 500ml	1 500ml	23.85
Electricity (medium density)	477.51 95	1 95	477.51
Water & Sanitation (med - fixed)	96.00 95	1 95	96.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00
Subtotal			ZMW 2,548.73

Total for Basic Needs and Nutrition Basket

ZMW 3,920.93

(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)	150.00	Kalukungu-Town	14.00
Grades 8-9 (User + PTA/year)	375.00	Macha Road-Town	14.00
Grades 10-12 (User + PTA/year)	1,400.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	13.75
Mosquito net (private)	60.00	Diesel (per litre)	12.05
Malaria test	40.00	Paraffin (per litre)	8.85
Consultation Fee	100.00		
CD4 Count	77.00		

(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

2018-04-30

Choma April 2018 Basic Needs and Nutrition Basket

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/1370>

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