

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	81.86 25kg	2 25kg	163.72
Beans	11.00 kg	3 kg	33.00
Kapenta (Dry)	155.38 kg	2 kg	310.75
Fish (Bream, Dry)	96.73 kg	1 kg	96.73
Beef	37.80 kg	4 kg	151.19
Vegetables	5.38 kg	4 kg	21.50
Tomatoes	11.20 kg	4 kg	44.79
Onion	26.00 kg	2 kg	52.00
Cooking oil (2.5lts)	48.40 Litres	3 Litres	58.08
Bread	7.50 Loaf/day	1 Loaf/day	224.94
Sugar	29.00 2kg	3 2kg	86.99
Milk	7.30 500ml	4 500ml	29.19
Tea	56.46 kg	1 kg	56.46
Eggs	10.60 unit (10 eggs)	2 unit (10 eggs)	21.20
Salt	5.70 kg	1 kg	5.70
SubTotal			ZMW 1,356.24

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	63.00 90kg bag(s)	2 90kg bag(s)	126.00
Soap (Lifebuoy/Champion)	9.80 Tablet(s)	10 Tablet(s)	97.98
Wash soap (BOOM)	9.80 400g	4 400g	39.19
Jelly (Vaseline)	20.80 500ml	1 500ml	20.80
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	204.00 95	1 95	204.00
Housing (3 bedroom)	1,125.00 95	1 95	1,125.00
Subtotal			ZMW 1,904.97

Total for Basic Needs and Nutrition Basket

ZMW 3,261.21

(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)	360.00	Tazara-Town	17.50
Grades 10-12 (User + PTA/year)	1,200.00	Location-Town	22.50
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	13.75
Malaria test	20.00	Diesel (per litre)	12.87
		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)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2018-04-30

Kasama April 2018 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/1372>

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