

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	90.00 25kg	2 25kg	180.00
Beans	13.50 kg	3 kg	40.50
Kapenta (Dry)	50.00 kg	2 kg	100.00
Fish (Bream, Dry)	58.75 kg	1 kg	58.75
Beef	40.00 kg	4 kg	160.00
Vegetables	5.00 kg	4 kg	20.00
Tomatoes	10.00 kg	4 kg	40.00
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	26.50 2kg	3 2kg	79.50
Milk	7.00 500ml	4 500ml	28.00
Tea	10.00 kg	1 kg	10.00
Eggs	13.75 unit (10 eggs)	2 unit (10 eggs)	27.50
Salt	10.00 kg	1 kg	10.00
SubTotal			ZMW 1,135.25

(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)	15.00 400g	4 400g	60.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
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
Subtotal			ZMW 2,508.00

Total for Basic Needs and Nutrition Basket

ZMW 3,643.25

(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)
Mosquito net (private)	20.00	Petrol (per litre)	13.75
Malaria test	10.00	Diesel (per litre)	12.01
		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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2018-09-30

Chinsali September 2018 Basic Needs and Nutrition Basket report

Jesuit Center for Theological Reflection

Jesuit Center for Theological Reflection

<https://hdl.handle.net/20.500.14274/1379>

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