

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	80.50 25kg	2 25kg	161.00
Beans	18.67 kg	3 kg	56.00
Kapenta (Dry)	176.67 kg	2 kg	353.33
Fish (Bream, Dry)	75.00 kg	1 kg	75.00
Beef	40.00 kg	4 kg	159.98
Vegetables	3.67 kg	4 kg	14.67
Tomatoes	5.50 kg	4 kg	21.99
Onion	11.75 kg	2 kg	23.50
Cooking oil (2.5lts)	45.50 Litres	3 Litres	54.60
Bread	7.70 Loaf/day	1 Loaf/day	230.93
Sugar	24.87 2kg	3 2kg	74.62
Milk	6.75 500ml	4 500ml	26.99
Tea	65.99 kg	1 kg	65.99
Eggs	10.25 unit (10 eggs)	2 unit (10 eggs)	20.50
Salt	7.00 kg	1 kg	7.00
<b>SubTotal</b>			<b>ZMW 1,346.07</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	96.00 90kg bag(s)	2 90kg bag(s)	192.00
Soap (Lifebuoy/Champion)	4.50 Tablet(s)	10 Tablet(s)	44.98
Wash soap (BOOM)	9.37 400g	4 400g	37.49
Jelly (Vaseline)	21.75 500ml	1 500ml	21.75
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	2,500.00 95	1 95	2,500.00
<b>Subtotal</b>			<b>ZMW 3,238.21</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,584.28</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	369.00		
Grades 8-9 (User + PTA/year)	839.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	13.75
Malaria test	10.00	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, 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.

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