

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	78.90 25kg	2 25kg	157.80
Beans	13.40 kg	3 kg	40.19
Kapenta (Dry)	78.09 kg	2 kg	156.17
Fish (Bream, Dry)	88.70 kg	1 kg	88.70
Beef	37.70 kg	4 kg	150.79
Vegetables	4.80 kg	4 kg	19.19
Tomatoes	6.80 kg	4 kg	27.19
Onion	9.20 kg	2 kg	18.40
Cooking oil (2.5lts)	45.50 Litres	3 Litres	54.60
Bread	7.00 Loaf/day	1 Loaf/day	210.00
Sugar	25.50 2kg	3 2kg	76.50
Milk	7.38 500ml	4 500ml	29.50
Tea	72.75 kg	1 kg	72.75
Eggs	11.38 unit (10 eggs)	2 unit (10 eggs)	22.75
Salt	5.25 kg	1 kg	5.25
SubTotal			ZMW 1,129.78

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	74.25 90kg bag(s)	2 90kg bag(s)	148.50
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	10 Tablet(s)	100.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
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 1,929.50
Total for Basic Needs and Nutrition Basket			ZMW 3,059.28

(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	17.00
Grades 10-12 (User + PTA/year)	1,200.00	Location-Town	23.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	13.75
		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.

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

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Advocacy on Living Conditions

2018-09-30

Kasama September 2018 Basic Needs and Nutrition Basket report

Jesuit Center for Theological Reflection

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