

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	74.50 25kg	2 25kg	149.00
Beans	58.70 kg	3 kg	176.10
Kapenta (Dry)	147.70 kg	2 kg	295.40
Fish (Bream, Dry)	91.75 kg	1 kg	91.75
Beef	30.50 kg	4 kg	122.00
Vegetables	2.00 kg	4 kg	8.00
Tomatoes	5.98 kg	4 kg	23.90
Onion	6.53 kg	2 kg	13.05
Cooking oil (2.5lts)	46.94 Litres	3 Litres	56.33
Bread	9.88 Loaf/day	1 Loaf/day	296.25
Sugar	26.20 2kg	3 2kg	78.60
Milk	7.24 500ml	4 500ml	28.95
Tea	160.40 kg	1 kg	160.40
Eggs	11.00 unit (10 eggs)	2 unit (10 eggs)	22.00
Salt	7.45 kg	1 kg	7.45
<b>SubTotal</b>			<b>ZMW 1,529.18</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	114.00 90kg bag(s)	2 90kg bag(s)	228.00
Soap (Lifebuoy/Champion)	9.05 Tablet(s)	10 Tablet(s)	90.50
Wash soap (BOOM)	9.38 400g	4 400g	37.50
Jelly (Vaseline)	25.48 500ml	1 500ml	25.48
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
<b>Subtotal</b>			<b>ZMW 2,454.99</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 3,984.16**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
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		
Grades 10-12 (User + PTA/year)	1,400.00		

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
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)	12.01
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, Chainta, 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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**JCTR Repository**

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