

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	85.17 25kg	2 25kg	170.33
Beans	22.32 kg	3 kg	66.95
Kapenta (Dry)	124.17 kg	2 kg	248.33
Fish (Bream, Dry)	71.75 kg	1 kg	71.75
Beef	34.00 kg	4 kg	136.00
Vegetables	4.80 kg	4 kg	19.20
Tomatoes	4.95 kg	4 kg	19.80
Onion	13.83 kg	2 kg	27.67
Cooking oil (2.5lts)	49.50 Litres	3 Litres	59.40
Bread	8.25 Loaf/day	1 Loaf/day	247.50
Sugar	25.50 2kg	3 2kg	76.50
Milk	7.67 500ml	4 500ml	30.67
Tea	59.20 kg	1 kg	59.20
Eggs	12.42 unit (10 eggs)	2 unit (10 eggs)	24.83
Salt	6.33 kg	1 kg	6.33
SubTotal			ZMW 1,264.47

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	93.60 90kg bag(s)	2 90kg bag(s)	187.20
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	10 Tablet(s)	93.33
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	21.24 500ml	1 500ml	21.24
Electricity (medium density)	150.00 95	1 95	150.00
Water & Sanitation (med - fixed)	185.00 95	1 95	185.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

Subtotal **ZMW 1,676.11**

Total for Basic Needs and Nutrition Basket **ZMW 2,940.57**

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	100.00	Shoprite-Town	8.00
Grades 8-9 (User + PTA/year)	1,676.00	100404	8.00
Grades 10-12 (User + PTA/year)	1,676.00	100405	12.00
School Uniform (Grades 1-7)	304.00		
School Uniform (Grades 8-12)	419.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	20.00	Petrol (per litre)	13.78
		Diesel (per litre)	12.01
		Paraffin (per litre)	7.82

(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, Chaintanda, 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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