

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	73.65 25kg	2 25kg	147.30
Beans	25.80 kg	3 kg	77.40
Kapenta (Dry)	182.60 kg	2 kg	365.20
Fish (Bream, Dry)	148.80 kg	1 kg	148.80
Beef	36.30 kg	4 kg	145.20
Vegetables	16.20 kg	4 kg	64.80
Tomatoes	17.00 kg	4 kg	68.00
Onion	12.40 kg	2 kg	24.80
Cooking oil (2.5lts)	47.28 Litres	3 Litres	56.74
Bread	7.66 Loaf/day	1 Loaf/day	229.80
Sugar	26.90 2kg	3 2kg	80.70
Milk	6.67 500ml	4 500ml	26.67
Tea	76.39 kg	1 kg	76.39
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	6.17 kg	1 kg	6.17
SubTotal			ZMW 1,537.96

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	140.00 90kg bag(s)	2 90kg bag(s)	280.00
Soap (Lifebuoy/Champion)	5.92 Tablet(s)	10 Tablet(s)	59.17
Wash soap (BOOM)	11.58 400g	4 400g	46.33
Jelly (Vaseline)	20.58 500ml	1 500ml	20.58
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	197.00 95	1 95	197.00
Housing (3 bedroom)	3,000.00 95	1 95	3,000.00
Subtotal			ZMW 3,895.08

Subtotal

ZMW 3,895.08

Total for Basic Needs and Nutrition Basket

ZMW 5,433.04

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	500.00	Chilenje - Town	15.00
Grades 10-12 (User + PTA/year)	975.00	Chelston - town	15.00
School Uniform (Grades 1-7)	145.00	Matero - Town	12.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	4.00	Petrol (per litre)	13.70
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	11.40
Mosquito net (private)	75.00	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, Chainda, 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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2018-04-30

Lusaka April 2018 Basic Needs and Nutrition Basket Report

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