

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	85.00 25kg	2 25kg	170.00
Beans	26.97 kg	3 kg	80.90
Kapenta (Dry)	210.60 kg	2 kg	421.20
Fish (Bream, Dry)	148.50 kg	1 kg	148.50
Beef	34.50 kg	4 kg	137.99
Vegetables	12.08 kg	4 kg	48.32
Tomatoes	14.50 kg	4 kg	57.99
Onion	14.25 kg	2 kg	28.50
Cooking oil (2.5lts)	49.83 Litres	3 Litres	59.80
Bread	8.83 Loaf/day	1 Loaf/day	264.95
Sugar	27.17 2kg	3 2kg	81.50
Milk	7.67 500ml	4 500ml	30.66
Tea	79.00 kg	1 kg	79.00
Eggs	12.50 unit (10 eggs)	2 unit (10 eggs)	25.00
Salt	6.50 kg	1 kg	6.50
SubTotal			ZMW 1,640.80

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	91.80 90kg bag(s)	2 90kg bag(s)	183.60
Soap (Lifebuoy/Champion)	9.83 Tablet(s)	10 Tablet(s)	98.32
Wash soap (BOOM)	9.75 400g	4 400g	38.99
Jelly (Vaseline)	18.33 500ml	1 500ml	18.33
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 1,674.24

Total for Basic Needs and Nutrition Basket

ZMW 3,315.04

(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	100405	12.00
Grades 10-12 (User + PTA/year)	1,676.00		
School Uniform (Grades 1-7)	304.00		
School Uniform (Grades 8-9)	449.00		

<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)	13.75
		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, 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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