

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	79.71 25kg	2 25kg	159.43
Beans	24.53 kg	3 kg	73.58
Kapenta (Dry)	125.66 kg	2 kg	251.31
Fish (Bream, Dry)	147.50 kg	1 kg	147.50
Beef	32.50 kg	4 kg	129.99
Vegetables	7.30 kg	4 kg	29.20
Tomatoes	14.54 kg	4 kg	58.18
Onion	17.76 kg	2 kg	35.51
Cooking oil (2.5lts)	34.71 Litres	3 Litres	41.66
Bread	9.36 Loaf/day	1 Loaf/day	280.67
Sugar	27.28 2kg	3 2kg	81.85
Milk	7.00 500ml	4 500ml	27.99
Tea	134.28 kg	1 kg	134.28
Eggs	11.51 unit (10 eggs)	2 unit (10 eggs)	23.03
Salt	7.14 kg	1 kg	7.14
SubTotal			ZMW 1,481.33

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	190.00 90kg bag(s)	2 90kg bag(s)	380.00
Soap (Lifebuoy/Champion)	9.50 Tablet(s)	10 Tablet(s)	94.98
Wash soap (BOOM)	9.93 400g	4 400g	39.73
Jelly (Vaseline)	24.08 500ml	1 500ml	24.08
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	215.00 95	1 95	215.00
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00
Subtotal			ZMW 2,845.79

Total for Basic Needs and Nutrition Basket

ZMW 4,327.12

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	300.00	Dambwa-Town	14.00
Grades 10-12 (User + PTA/year)	1,892.00	Victoria Falls-Town	20.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	13.70
Malaria test	1.50	Diesel (per litre)	11.40
		Paraffin (per litre)	8.30

(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

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