

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	70.63 25kg	2 25kg	141.25
Beans	18.73 kg	3 kg	56.18
Kapenta (Dry)	140.00 kg	2 kg	280.00
Fish (Bream, Dry)	127.00 kg	1 kg	127.00
Beef	32.50 kg	4 kg	130.00
Vegetables	5.37 kg	4 kg	21.46
Tomatoes	16.83 kg	4 kg	67.30
Onion	22.33 kg	2 kg	44.65
Cooking oil (2.5lts)	52.50 Litres	3 Litres	63.00
Bread	9.13 Loaf/day	1 Loaf/day	273.75
Sugar	26.75 2kg	3 2kg	80.25
Milk	9.25 500ml	4 500ml	37.00
Tea	66.00 kg	1 kg	66.00
Eggs	9.75 unit (10 eggs)	2 unit (10 eggs)	19.50
Salt	6.25 kg	1 kg	6.25
<b>SubTotal</b>			<b>ZMW 1,413.59</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	10 Tablet(s)	100.00
Wash soap (BOOM)	10.75 400g	4 400g	43.00
Jelly (Vaseline)	15.63 500ml	1 500ml	15.63
Electricity (medium density)	200.00 95	1 95	200.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00
<b>Subtotal</b>			<b>ZMW 2,324.63</b>

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

**ZMW 3,738.21**

## (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)	270.00	Site & Service	20.00
Grades 8-9 (User + PTA/year)	390.00	Manungu	20.00
Grades 10-12 (User + PTA/year)	1,000.00		
School Uniform (Grades 1-7)	58.00		
School Uniform (Grades 8-12)	93.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00	Petrol (per litre)	13.75
Malaria test	50.00	Diesel (per litre)	12.05
		Paraffin (per litre)	8.85

## (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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**Jesuit Centre for Theological Reflection (JCTR)**

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