

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	79.46 25kg	2 25kg	158.92
Beans	15.45 kg	3 kg	46.34
Kapenta (Dry)	155.73 kg	2 kg	311.45
Fish (Bream, Dry)	165.23 kg	1 kg	165.23
Beef	40.40 kg	4 kg	161.59
Vegetables	4.40 kg	4 kg	17.60
Tomatoes	7.24 kg	4 kg	28.95
Onion	14.86 kg	2 kg	29.72
Cooking oil (2.5lts)	44.60 Litres	3 Litres	53.52
Bread	8.25 Loaf/day	1 Loaf/day	247.50
Sugar	27.00 2kg	3 2kg	80.99
Milk	10.00 500ml	4 500ml	39.99
Tea	89.90 kg	1 kg	89.90
Eggs	10.60 unit (10 eggs)	2 unit (10 eggs)	21.20
Salt	9.42 kg	1 kg	9.42
SubTotal			ZMW 1,462.32

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	9.60 Tablet(s)	10 Tablet(s)	95.98
Wash soap (BOOM)	16.70 400g	4 400g	66.79
Jelly (Vaseline)	18.60 500ml	1 500ml	18.60
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	292.50 95	1 95	292.50
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00
Subtotal			ZMW 2,745.87

Total for Basic Needs and Nutrition Basket

ZMW 4,208.19

(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)	300.00	Mitec-Town	7.00
Grades 8-9 (User + PTA/year)	125.00	Messenger-Town	7.00
Grades 10-12 (User + PTA/year)	625.00	80704	8.00
<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
Mosquito net (private)	20.00	Diesel (per litre)	12.10
Consultation Fee	1.00	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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