

# JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

April 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	79.60 25kg	2 25kg	159.19
Beans	25.54 kg	3 kg	76.63
Kapenta (Dry)	176.00 kg	2 kg	352.00
Fish (Bream, Dry)	252.00 kg	1 kg	252.00
Beef	36.77 kg	4 kg	147.08
Vegetables	27.30 kg	4 kg	109.20
Tomatoes	22.28 kg	4 kg	89.13
Onion	19.98 kg	2 kg	39.97
Cooking oil (2.5lts)	49.64 Litres	3 Litres	59.57
Bread	8.28 Loaf/day	1 Loaf/day	248.53
Sugar	26.99 2kg	3 2kg	80.96
Milk	8.00 500ml	4 500ml	32.02
Tea	154.85 kg	1 kg	154.85
Eggs	13.90 unit (10 eggs)	2 unit (10 eggs)	27.80
Salt	11.84 kg	1 kg	11.84
<b>SubTotal</b>			<b>ZMW 1,840.76</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	205.00 90kg bag(s)	2 90kg bag(s)	410.00
Soap (Lifebuoy/Champion)	8.93 Tablet(s)	10 Tablet(s)	89.26
Wash soap (BOOM)	9.07 400g	4 400g	36.27
Jelly (Vaseline)	30.22 500ml	1 500ml	30.22
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	118.60 95	1 95	118.60
Housing (3 bedroom)	2,150.00 95	1 95	2,150.00

**Subtotal**

**ZMW 3,126.35**

**Total for Basic Needs and Nutrition Basket**

**ZMW 4,967.11**

## (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)	150.00	Mushili-Town	11.00
Grades 8-9 (User + PTA/year)	850.00	Ndeke-Town	11.00
Grades 10-12 (User + PTA/year)	980.00	Chifubu-Town	11.00
School Uniform (Grades 1-7)	710.00	Masala-Town	9.00
School Uniform (Grades 8-12)	900.00	Twapia-Town	12.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	13.75
Malaria test	100.00	Diesel (per litre)	12.01
Consultation Fee	1.00	Paraffin (per litre)	8.85
CD4 Count	300.00		

## (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)**

**JCTR Repository**

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