

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

October 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	92.70 25kg	2 25kg	185.40
Beans	19.45 kg	3 kg	58.34
Kapenta (Dry)	174.12 kg	2 kg	348.24
Fish (Bream, Dry)	215.23 kg	1 kg	215.23
Beef	40.21 kg	4 kg	160.86
Vegetables	6.11 kg	4 kg	24.43
Tomatoes	8.94 kg	4 kg	35.75
Onion	16.68 kg	2 kg	33.36
Cooking oil (2.5lts)	44.40 Litres	3 Litres	53.28
Bread	9.00 Loaf/day	1 Loaf/day	269.94
Sugar	27.00 2kg	3 2kg	80.99
Milk	7.50 500ml	4 500ml	29.99
Tea	86.30 kg	1 kg	86.30
Eggs	13.50 unit (10 eggs)	2 unit (10 eggs)	27.00
Salt	10.40 kg	1 kg	10.40
SubTotal			ZMW 1,619.50

(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)	9.40 Tablet(s)	10 Tablet(s)	93.98
Wash soap (BOOM)	16.00 400g	4 400g	63.99
Jelly (Vaseline)	22.50 500ml	1 500ml	22.50
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	292.00 95	1 95	292.00
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00
Subtotal			ZMW 2,744.47
Total for Basic Needs and Nutrition Basket			ZMW 4,363.97

(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)	16.06
Mosquito net (private)	20.00	Diesel (per litre)	14.65
Consultation Fee	1.00	Paraffin (per litre)	11.34

(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, Chainta, 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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