

JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	94.20 25kg	2 25kg	188.40
Beans	16.25 kg	3 kg	48.75
Kapenta (Dry)	54.72 kg	2 kg	109.44
Fish (Bream, Dry)	98.50 kg	1 kg	98.50
Beef	31.00 kg	4 kg	123.99
Vegetables	3.90 kg	4 kg	15.60
Tomatoes	11.80 kg	4 kg	47.19
Onion	10.83 kg	2 kg	21.66
Cooking oil (2.5lts)	51.75 Litres	3 Litres	62.10
Bread	8.75 Loaf/day	1 Loaf/day	262.45
Sugar	26.67 2kg	3 2kg	80.00
Milk	6.58 500ml	4 500ml	26.33
Tea	48.67 kg	1 kg	48.67
Eggs	13.80 unit (10 eggs)	2 unit (10 eggs)	27.60
Salt	6.20 kg	1 kg	6.20
SubTotal			ZMW 1,166.86

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	129.60 90kg bag(s)	2 90kg bag(s)	259.20
Soap (Lifebuoy/Champion)	7.42 Tablet(s)	10 Tablet(s)	74.15
Wash soap (BOOM)	9.42 400g	4 400g	37.66
Jelly (Vaseline)	19.50 500ml	1 500ml	19.50
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	95.00 95	1 95	95.00
Housing (3 bedroom)	950.00 95	1 95	950.00
Subtotal			ZMW 1,727.51
Total for Basic Needs and Nutrition Basket			ZMW 2,894.37

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	450.00	Border-Town	40.00
Grades 8-9 (User + PTA/year)	750.00	Gonder-Town	20.00
Grades 10-12 (User + PTA/year)	1,333.00	Kapata-Town	30.00
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-9)	300.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	10.00	Petrol (per litre)	13.75
Malaria test	40.00	Diesel (per litre)	12.05
Consultation Fee	80.00	Paraffin (per litre)	8.85
CD4 Count	80.00		

(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, Chanda, 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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