

# JCTR BASIC NEEDS BASKET

**Lusaka**

**January 2016**

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

Commodity	Price (ZMW)	Quantity	Units	Total (ZMW)
Mealie Meal	79.14	2	x 25 Kg	158.28
Beans	27.80	3	Kg	83.41
Kapenta (Dry)	142.06	2	Kg	284.11
Fish (Bream, Dry)	95.80	1	Kg	95.80
Beef	37.17	4	Kg	148.66
Dark Green Vegetables	9.58	4	Kg	38.31
Tomatoes	7.80	4	Kg	31.22
Onion	10.22	2	Kg	20.44
Cooking oil (2.5L)	52.14	3	Litres	62.57
Bread	8.33	1	Loaf/day	249.81
Sugar	23.07	3	x 2 Kg	69.21
Milk	6.37	4	x 500ml	25.47
Tea	72.40	1	Kg	72.40
Eggs	12.61	2	Units	25.23
Salt	4.69	1	Kg	4.69

**Sub Total**

**ZMW 1,369.61**

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

Commodity	Price(ZMW)	Quantity	Units	Total (ZMW)
Charcoal	123.33	2	x 90 Kg bag(s)	246.67
Soap (Lifebuoy/Champion)	7.45	10	Tablet(s)	74.49
Wash soap (BOOM)	9.50	4	x 400g	37.99
Jelly (e.g. Vaseline)	25.29	1	x 500ml	25.29
Electricity (medium density)	372.00	1	x 1month	372.00
Water & Sanitation (med - fixed)	325.00	1	x 1month	325.00
Housing (3 bedroom)	1,750.00	1	x 1month	1,750.00

**Sub Total**

**ZMW 2,831.43**

**Total for Basic Needs Basket**

**ZMW 4,201.04**

Totals from previous months	Dec 14	Jan 15	Feb 15	Mar 15	Apr 15	May 15	Jun 15	Jul 15	Aug 15	Sept 15	Oct 15	Nov 15	Dec 15
Amount (K)	3,905.22	3,793.59	3,767.68	3,797.55	3,759.04	3,677.28	3,704.69	3,715.47	3,831.24	3,957.46	4,249.56	4,167.70	4,371.76

## (C) SOME OTHER ADDITIONAL COSTS

*Transport (bus fare round trip)*

### **Education**

Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	500.00	Chilenje - Town	12.00
Grades 10-12 (User + PTA/year)	975.00	Chelston - town	12.00
School Uniform (Grades 8-12)	145.00	Matero - Town	12.00

### **Health**

Health item	Amount (ZMW)	Fuel (cost at the pump) Item	Amount (ZMW)
Registration (book)	4.00	Petrol (per litre)	9.87
Self-referral (Emergency Fee)	5.50	Diesel (per litre)	8.59
Mosquito net (private)	75.00	Paraffin (per litre)	6.12

## (D) A COMPARISON OF COSTS (in Kwacha) OF BASIC NEEDS ACROSS ZAMBIA IN JANUARY

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali
4,201.04	2,946.53	2,712.14	3,565.98	4,294.32	3,980.01	3,525.15	2,624.85	2,588.56	3,488.18	3,737.75	3,580.78	3,897.22	3,526.46	2,655.25

*This survey was conducted on 28<sup>th</sup> January, 2016 by the Social & 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, Chinda, Kabwata, Matero and schools, clinics/hospitals and filling stations around Lusaka. The January Basic Needs Basket is approximately US\$386 based upon the exchange rate of K10.884 prevailing on the day of data collection. Please note that other monthly costs would include personal care, clothing, recreation etc*

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**JCTR Repository**

**<https://repository.jctr.org.zm>**

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Reports

Advocacy on Living Conditions

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# Lusaka January 2016 Basic Needs and Nutrition Basket Report

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