

JCTR BASIC NEEDS BASKET

Lusaka

January 2015

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

commodity	Price (ZMW)	Quantity	Units	Total (ZMW)
Mealie Meal	65.93	2	x 25 Kg	131.86
Beans	25.51	3	Kg	76.53
Kapenta (Dry)	114.90	2	Kg	229.80
Fish (Bream, Dry)	78.22	1	Kg	78.22
Beef	32.36	4	Kg	129.44
Dark Green Vegetables	8.30	4	Kg	33.20
Tomatoes	10.33	4	Kg	41.32
Onion	10.46	2	Kg	20.92
Cooking oil (2.5L)	36.23	3	Litres	43.48
Bread	5.50	1	Loaf/day	165.00
Sugar	17.43	6	Kg	52.29
Milk	5.84	4	x 500ml	23.36
Tea	14.21	1	250g	56.84
Eggs	8.97	2	Units	17.94
Salt	4.58	1	Kg	4.58

SubTotal

ZMW 1,104.78

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW)	Quantity	Units	Total (ZMW)
Charcoal	143.00	2	x 90 Kg bag(s)	286.00
Soap (Lifebuoy/Champion)	3.50	10	Tablet(s)	35.00
Wash soap (BOOM)	5.63	4	x 400g	22.52
Jelly (e.g. Vaseline)	13.29	1	x 500ml	13.29
Electricity (medium density)	372.00			372.00
Water & Sanitation (med - fixed)	210.00			210.00
Housing (3 bedroom)	1,750.00			1,750.00

Subtotal

ZMW 2,688.81

Total for Basic Needs Basket

ZMW 3,793.59

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	500.00
Grades 10-12 (User + PTA/year)	975.00
School Uniform (Grades 8-12)	145.00

Transport (bus fare round trip)

Item	Amount (ZMW)
Chilenje - Town	9.00
Chelston - town	9.60
Matero - Town	8.40

Health

item	Amount (ZMW)
Registration (book)	4.00
Self-referral (Emergency Fee)	5.50
Mosquito net (private)	75.00

Fuel (cost at the pump)

Item	Amount (ZMW)
Petrol (per litre)	7.60
Diesel (per litre)	6.59
Paraffin (per litre)	4.69

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Jesuit Centre for Theological Reflection (JCTR)

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

Reports

Advocacy on Living Conditions

2015-01-30

Lusaka January 2015 Basic Needs and Nutrition Basket Report

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