

JCTR BASIC NEEDS BASKET

Lusaka

February 2015

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

commodity	Price (ZMW)	Quantity	Units	Total (ZMW)
Mealie Meal	65.71	2	x 25 Kg	131.42
Beans	16.67	3	Kg	50.01
Kapenta (Dry)	92.57	2	Kg	185.14
Fish (Bream, Dry)	49.29	1	Kg	49.29
Beef	29.00	4	Kg	116.00
Dark Green Vegetables	9.21	4	Kg	36.84
Tomatoes	10.78	4	Kg	43.12
Onion	7.51	2	Kg	15.02
Cooking oil (2.5L)	42.94	3	Litres	51.53
Bread	5.30	1	Loaf/day	159.00
Sugar	16.66	6	Kg	49.98
Milk	5.73	4	x 500ml	22.92
Tea	33.14	1	Kg	132.56
Eggs	8.90	2	Units	17.80
Salt	3.68	1	Kg	3.68

SubTotal

ZMW 1,064.31

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW)	Quantity	Units	Total (ZMW)
Charcoal	135.00	2	x 90 Kg bag(s)	270.00
Soap (Lifebuoy/Champion)	5.08	10	Tablet(s)	50.80
Wash soap (BOOM)	5.98	4	x 400g	23.92
Jelly (e.g. Vaseline)	26.65	1	x 500ml	26.65
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 2,703.37

Total for Basic Needs Basket

ZMW 3,767.68

(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	9.00

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)	

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Jesuit Centre for Theological Reflection (JCTR)

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

Reports

Advocacy on Living Conditions

2015-02-01

Lusaka February 2015 Basic Needs and Nutrition Basket Report

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