

# JCTR BASIC NEEDS BASKET

Lusaka

March 2015

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

commodity	Price (ZMW)	Quantity	Units	Total (ZMW)
Mealie Meal	66.86	2	x 25 Kg	133.72
Beans	28.28	3	Kg	84.84
Kapenta (Dry)	93.51	2	Kg	187.02
Fish (Bream, Dry)	55.00	1	Kg	55.00
Beef	32.00	4	Kg	128.00
Dark Green Vegetables	6.28	4	Kg	25.12
Tomatoes	5.93	4	Kg	23.72
Onion	8.09	2	Kg	16.18
Cooking oil (2.5L)	44.20	3	Litres	53.04
Bread	5.37	1	Loaf/day	161.10
Sugar	17.36	6	Kg	52.08
Milk	5.71	4	x 500ml	22.84
Tea	48.74	1	Kg	48.74
Eggs	9.56	2	Units	19.12
Salt	4.18	1	Kg	4.18

**SubTotal**

**ZMW 1,014.70**

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

Commodity	Price(ZMW)	Quantity	Units	Total (ZMW)
Charcoal	127.14	2	x 90 Kg bag(s)	254.28
Soap (Lifebuoy/Champion)	3.58	10	Tablet(s)	35.80
Wash soap (BOOM)	6.23	4	x 400g	24.92
Jelly (e.g. Vaseline)	20.85	1	x 500ml	20.85
Electricity (medium density)	372.00			372.00
Water & Sanitation (med - fixed)	325.00			325.00
Housing (3 bedroom)	1,750.00			1,750.00

**Subtotal**

**ZMW 2,782.85**

**Total for Basic Needs Basket**

**ZMW 3,797.55**

## (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	10.00
Chelston - town	10.00
Matero - Town	10.00

### 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)	

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia  
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: basicjctr@jesuits.org.zm Website: www.jctr.org.zm  
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

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Reports

Advocacy on Living Conditions

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# Lusaka March 2015 Basic Needs and Nutrition Basket Report

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