

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	148.50 25 kg bag	2 x 25Kg	297.00
Rice	75.62 5kg	4kg	60.50
Cassava Flour	12.50 1kg	6kg	75.00
(Sweet) Potatoes	7.05 1 Kg	4 Kg	28.20
Beans	19.92 1kg	3kg	59.75
Pounded Groundnut	81.09 1kg	1kg	81.09
Soya Pieces	38.53 1 kg	2kg	77.06
Beef	32.75 1kg	2kg	65.50
Chicken	40.67 2kg	5kg	101.68
Kapenta	124.18 1kg	1kg	124.18
Eggs	11.33 1 unit (10 eggs)	3 Trays (90 eggs)	101.99
Milk (Fresh)	7.98 500 ml	10 liters	159.50
Vegetables	236.64 40 Kg	40kg	236.64
Onion	7.89 1 Kg	4 Kg	31.55
Tomatoes	8.55 1 kg	6 kg	51.31
Banana	8.24 1 Kg	16 Kg	131.77
Other Fruits	21.17 1 kg	14 Kg	296.35
Cooking oil (2.5lts)	56.75 2.5lt	3.6lt	81.72
Salt	6.33 1 Kg	1 Kg	6.33
Tea	32.35 250g	250g	32.35
<b>SubTotal</b>			<b>ZMW 2,099.46</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	96.00 90kg bag(s)	2 90kg bag(s)	192.00
Soap (Lifebuoy/Champion)	8.20 Tablet(s)	3 Tablet(s)	24.60
Wash soap (BOOM)	10.50 400g	4 400g	41.99
Jelly (Vaseline)	17.85 500ml	1 500ml	17.85
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	184.00 Month(s)	1 Month(s)	184.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	16.70 Pack of 10	2 Pack of 10	33.40
Toilet Paper (2ply)	1.50 Tissue(s)	6 Tissue(s)	8.99
Lotion (Dawn)	23.15 250ml	1 250ml	23.15
<b>Subtotal</b>			<b>ZMW 2,503.49</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,602.95**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,050.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	5,400.00	Macha Road-Town	14.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	60.00	Diesel (per litre)	15.59
Malaria test	40.00	Paraffin (per litre)	15.39
Consultation Fee	100.00		

## (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, Chinda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based on the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**  
**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com 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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Jesuit Centre for Theological Reflection

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