

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	116.99 25 kg bag	2 x 25Kg	233.98
Rice	87.70 5kg	4kg	70.16
Cassava Flour	11.58 1kg	6kg	69.48
(Sweet) Potatoes	11.05 1 Kg	4 Kg	44.20
Beans	16.19 1kg	3kg	48.57
Pounded Groundnut	19.35 1kg	1kg	19.35
Soya Pieces	30.54 1 kg	2kg	61.07
Beef	30.33 1kg	2kg	60.67
Chicken	57.99 2kg	5kg	144.98
Kapenta	82.82 1kg	1kg	82.82
Eggs	13.25 1 unit (10 eggs)	3 Trays (90 eggs)	119.25
Milk (Fresh)	6.50 500 ml	10 liters	130.00
Vegetables	293.97 40 Kg	40kg	293.97
Onion	8.21 1 Kg	4 Kg	32.85
Tomatoes	9.20 1 kg	6 kg	55.21
Banana	7.39 1 Kg	16 Kg	118.17
Other Fruits	15.99 1 kg	14 Kg	223.86
Cooking oil (2.5lts)	58.33 2.5lt	3.6lt	84.00
Salt	5.85 1 Kg	1 Kg	5.85
<b>SubTotal</b>			<b>ZMW 1,898.43</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.00 90kg bag(s)	2 90kg bag(s)	252.00
Soap (Lifebuoy/Champion)	7.75 Tablet(s)	3 Tablet(s)	23.25
Wash soap (BOOM)	10.83 400g	4 400g	43.33
Jelly (Vaseline)	24.33 500ml	1 500ml	24.33
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	1,550.00 Month(s)	1 Month(s)	1,550.00
Sanitary towels	14.50 Pack of 10	2 Pack of 10	29.00
Toilet Paper (2ply)	3.00 Tissue(s)	6 Tissue(s)	17.99
Lotion (Dawn)	19.17 250ml	1 250ml	19.17
<b>Subtotal</b>			<b>ZMW 2,371.06</b>

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

**ZMW 4,269.48**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	520.00	Gonder-Town	40.00
Grades 8-9 (User + PTA/year)	600.00	Kapata-Town	50.00
Grades 10-12 (User + PTA/year)	600.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	200.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Consultation Fee	150.00	Paraffin (per litre)	15.39

## (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, Chanda, 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.

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