

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	110.00 25kg	2 25kg	220.00
Beans	60.00 kg	3 kg	180.00
Kapenta (Dry)	120.00 kg	2 kg	240.00
Fish (Bream, Dry)	60.00 kg	1 kg	60.00
Beef	40.00 kg	4 kg	160.00
Vegetables	5.00 kg	4 kg	20.00
Tomatoes	10.00 kg	4 kg	40.00
Onion	15.00 kg	2 kg	30.00
Cooking oil (2.5lts)	55.00 Litres	3 Litres	66.00
Bread	10.00 Loaf/day	1 Loaf/day	300.00
Sugar	27.50 2kg	3 2kg	82.50
Milk	7.00 500ml	4 500ml	28.00
Tea	10.00 kg	1 kg	10.00
Eggs	13.75 unit (10 eggs)	2 unit (10 eggs)	27.50
Salt	10.00 kg	1 kg	10.00

**SubTotal** **ZMW 1,474.00**

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	60.00 90kg bag(s)	2 90kg bag(s)	120.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	10 Tablet(s)	100.00
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	154.00 95	1 95	154.00
Housing (3 bedroom)	1,762.00 95	1 95	1,762.00

**Subtotal** **ZMW 2,508.00**

**Total for Basic Needs and Nutrition Basket** **ZMW 3,982.00**

## (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)	340.00	Turn off-Town	80.00
Grades 10-12 (User + PTA/year)	375.00	60213	50.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	16.06
Malaria test	10.00	Diesel (per litre)	14.65
		Paraffin (per litre)	11.30

## (D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based upon 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://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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2018-11-30

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