

JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

November 2018

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|-------------------------|----------------------|------------------|---------------------|
| Mealie Meal (Breakfast) | 87.50 25kg | 2 25kg | 175.00 |
| Beans | 19.60 kg | 3 kg | 58.79 |
| Kapenta (Dry) | 133.00 kg | 2 kg | 266.00 |
| Fish (Bream, Dry) | 36.50 kg | 1 kg | 36.50 |
| Beef | 39.75 kg | 4 kg | 159.00 |
| Vegetables | 3.65 kg | 4 kg | 14.61 |
| Tomatoes | 6.38 kg | 4 kg | 25.50 |
| Onion | 10.54 kg | 2 kg | 21.09 |
| Cooking oil (2.5lts) | 43.83 Litres | 3 Litres | 52.60 |
| Bread | 7.50 Loaf/day | 1 Loaf/day | 225.00 |
| Sugar | 26.00 2kg | 3 2kg | 78.00 |
| Milk | 7.00 500ml | 4 500ml | 28.00 |
| Tea | 71.00 kg | 1 kg | 71.00 |
| Eggs | 11.92 unit (10 eggs) | 2 unit (10 eggs) | 23.83 |
| Salt | 6.50 kg | 1 kg | 6.50 |
| SubTotal | | | ZMW 1,241.42 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price(ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------------------|-------------------|------------------|-------------|
| Charcoal | 75.60 90kg bag(s) | 2 90kg bag(s) | 151.20 |
| Soap (Lifebuoy/Champion) | 5.33 Tablet(s) | 10 Tablet(s) | 53.33 |
| Wash soap (BOOM) | 10.00 400g | 4 400g | 40.00 |
| Jelly (Vaseline) | 20.00 500ml | 1 500ml | 20.00 |
| Electricity (medium density) | 292.00 95 | 1 95 | 292.00 |
| Water & Sanitation (med - fixed) | 115.00 95 | 1 95 | 115.00 |
| Housing (3 bedroom) | 1,233.00 95 | 1 95 | 1,233.00 |

Subtotal **ZMW 1,904.53**

Total for Basic Needs and Nutrition Basket **ZMW 3,145.95**

(C) SOME OTHER ADDITIONAL COSTS

| <i>Education</i> | | <i>Transport (bus fare round trip)</i> | |
|--------------------------------|--------------|--|--------------|
| Item | Amount (ZMW) | Item | Amount (ZMW) |
| Grades 1-7 (User + PTA/year) | 60.00 | Maiteneke-Town | 5.00 |
| Grades 8-9 (User + PTA/year) | 168.00 | Senama-Town | 4.00 |
| Grades 10-12 (User + PTA/year) | 975.00 | | |
| School Uniform (Grades 1-7) | 75.00 | | |
| School Uniform (Grades 8-9) | 210.00 | | |
| <i>Health</i> | | <i>Fuel (cost at the pump)</i> | |
| item | Amount (ZMW) | Item | Amount (ZMW) |
| Self-referral (Emergency Fee) | 17.00 | Petrol (per litre) | 16.06 |
| | | Diesel (per litre) | 14.65 |
| | | Paraffin (per litre) | 11.34 |

(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 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>

Reports

Advocacy on Living Conditions

2018-11-30

Mansa November 2018 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/972>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)