

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	76.50 25kg	2 25kg	153.00
Beans	22.50 kg	3 kg	67.50
Kapenta (Dry)	166.75 kg	2 kg	333.50
Fish (Bream, Dry)	97.00 kg	1 kg	97.00
Beef	30.38 kg	4 kg	121.50
Vegetables	7.00 kg	4 kg	28.00
Tomatoes	14.75 kg	4 kg	59.00
Onion	8.75 kg	2 kg	17.50
Cooking oil (2.5lts)	54.50 Litres	3 Litres	65.40
Bread	9.13 Loaf/day	1 Loaf/day	273.75
Sugar	27.25 2kg	3 2kg	81.75
Milk	8.13 500ml	4 500ml	32.50
Tea	84.00 kg	1 kg	84.00
Eggs	10.75 unit (10 eggs)	2 unit (10 eggs)	21.50
Salt	6.88 kg	1 kg	6.88
<b>SubTotal</b>			<b>ZMW 1,442.78</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	10.25 Tablet(s)	10 Tablet(s)	102.50
Wash soap (BOOM)	10.88 400g	4 400g	43.50
Jelly (Vaseline)	18.00 500ml	1 500ml	18.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00

**Subtotal** **ZMW 2,386.00**

**Total for Basic Needs and Nutrition Basket** **ZMW 3,828.78**

## (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)	270.00	Site & Service	20.00
Grades 8-9 (User + PTA/year)	390.00	Manungu	20.00
Grades 10-12 (User + PTA/year)	1,000.00		
School Uniform (Grades 1-7)	58.00		
School Uniform (Grades 8-12)	92.50		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00	Petrol (per litre)	16.06
Malaria test	50.00	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](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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