

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	84.70 25kg	2 25kg	169.40
Beans	18.63 kg	3 kg	55.88
Kapenta (Dry)	145.45 kg	2 kg	290.90
Fish (Bream, Dry)	118.33 kg	1 kg	118.33
Beef	40.00 kg	4 kg	159.99
Vegetables	4.00 kg	4 kg	16.00
Tomatoes	6.80 kg	4 kg	27.20
Onion	11.90 kg	2 kg	23.80
Cooking oil (2.5lts)	50.80 Litres	3 Litres	60.96
Bread	7.90 Loaf/day	1 Loaf/day	237.00
Sugar	26.40 2kg	3 2kg	79.20
Milk	7.80 500ml	4 500ml	31.20
Tea	66.40 kg	1 kg	66.40
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	8.40 kg	1 kg	8.40

**SubTotal** **ZMW 1,364.65**

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	101.25 90kg bag(s)	2 90kg bag(s)	202.50
Soap (Lifebuoy/Champion)	5.00 Tablet(s)	10 Tablet(s)	50.00
Wash soap (BOOM)	10.40 400g	4 400g	41.59
Jelly (Vaseline)	20.50 500ml	1 500ml	20.50
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	2,500.00 95	1 95	2,500.00

**Subtotal** **ZMW 3,256.59**

**Total for Basic Needs and Nutrition Basket** **ZMW 4,621.24**

## (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)	300.00		
Grades 8-9 (User + PTA/year)	1,050.00		
Grades 10-12 (User + PTA/year)	1,050.00		
School Uniform (Grades 1-7)	369.00		
School Uniform (Grades 8-12)	839.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	16.02
Mosquito net (private)	20.00	Diesel (per litre)	14.65
Malaria test	25.00	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.

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**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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