

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	90.00 25kg	2 25kg	180.00
Beans	15.00 kg	3 kg	45.00
Kapenta (Dry)	76.00 kg	2 kg	152.00
Fish (Bream, Dry)	62.50 kg	1 kg	62.50
Beef	37.80 kg	4 kg	151.20
Vegetables	7.40 kg	4 kg	29.60
Tomatoes	9.80 kg	4 kg	39.20
Onion	11.80 kg	2 kg	23.60
Cooking oil (2.5lts)	49.60 Litres	3 Litres	59.52
Bread	9.00 Loaf/day	1 Loaf/day	270.00
Sugar	27.00 2kg	3 2kg	81.00
Milk	8.10 500ml	4 500ml	32.40
Tea	89.40 kg	1 kg	89.40
Eggs	12.00 unit (10 eggs)	2 unit (10 eggs)	24.00
Salt	8.10 kg	1 kg	8.10

**SubTotal** **ZMW 1,247.52**

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	72.00 90kg bag(s)	2 90kg bag(s)	144.00
Soap (Lifebuoy/Champion)	6.80 Tablet(s)	10 Tablet(s)	68.00
Wash soap (BOOM)	10.40 400g	4 400g	41.60
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	190.00 95	1 95	190.00
Housing (3 bedroom)	1,125.00 95	1 95	1,125.00

**Subtotal** **ZMW 1,900.60**

**Total for Basic Needs and Nutrition Basket** **ZMW 3,148.12**

## (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)	804.00	Tazara-Town	15.00
Grades 10-12 (User + PTA/year)	804.00	Location-Town	17.00

<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
Consultation Fee	10.00	Diesel (per litre)	14.65
CD4 Count	20.00	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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