

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	89.86 25kg	2 25kg	179.71
Beans	25.26 kg	3 kg	75.79
Kapenta (Dry)	130.29 kg	2 kg	260.58
Fish (Bream, Dry)	142.50 kg	1 kg	142.50
Beef	33.57 kg	4 kg	134.29
Vegetables	6.25 kg	4 kg	25.00
Tomatoes	7.21 kg	4 kg	28.86
Onion	13.14 kg	2 kg	26.29
Cooking oil (2.5lts)	37.57 Litres	3 Litres	45.09
Bread	9.86 Loaf/day	1 Loaf/day	295.71
Sugar	26.82 2kg	3 2kg	80.45
Milk	9.36 500ml	4 500ml	37.43
Tea	123.43 kg	1 kg	123.43
Eggs	10.50 unit (10 eggs)	2 unit (10 eggs)	21.00
Salt	7.14 kg	1 kg	7.14

SubTotal **ZMW 1,483.26**

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	177.50 90kg bag(s)	2 90kg bag(s)	355.00
Soap (Lifebuoy/Champion)	9.50 Tablet(s)	10 Tablet(s)	95.00
Wash soap (BOOM)	10.20 400g	4 400g	40.80
Jelly (Vaseline)	24.50 500ml	1 500ml	24.50
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	215.00 95	1 95	215.00
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00

Subtotal **ZMW 2,822.30**

Total for Basic Needs and Nutrition Basket **ZMW 4,305.56**

(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	Dambwa-Town	20.00
Grades 8-9 (User + PTA/year)	1,892.00	Victoria Falls-Town	30.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	16.06
Malaria test	1.50	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

Livingstone November 2018 Basic Needs and Nutrition Basket Report

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