

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	85.50 25kg	2 25kg	171.00
Beans	26.00 kg	3 kg	78.00
Kapenta (Dry)	164.00 kg	2 kg	328.00
Fish (Bream, Dry)	200.00 kg	1 kg	200.00
Beef	38.83 kg	4 kg	155.33
Vegetables	9.00 kg	4 kg	36.00
Tomatoes	8.50 kg	4 kg	33.99
Onion	14.83 kg	2 kg	29.66
Cooking oil (2.5lts)	46.67 Litres	3 Litres	56.00
Bread	8.83 Loaf/day	1 Loaf/day	265.00
Sugar	24.75 2kg	3 2kg	74.25
Tea	39.33 kg	1 kg	39.33
Eggs	9.58 unit (10 eggs)	2 unit (10 eggs)	19.16
Salt	11.10 kg	1 kg	11.10
SubTotal			ZMW 1,496.81

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	196.00 90kg bag(s)	2 90kg bag(s)	392.00
Soap (Lifebuoy/Champion)	8.50 Tablet(s)	10 Tablet(s)	84.98
Wash soap (BOOM)	9.50 400g	4 400g	37.99
Jelly (Vaseline)	22.83 500ml	1 500ml	22.83
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	189.90 95	1 95	189.90
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

Subtotal

ZMW 2,519.70

Total for Basic Needs and Nutrition Basket

ZMW 4,016.51

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	390.00	Mpatamatu-Town	20.00
Grades 10-12 (User + PTA/year)	1,000.00	Roan - Kalala	10.00
		Roan-Town	10.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	80.00	Petrol (per litre)	16.06
CD4 Count	80.00	Diesel (per litre)	14.65
		Paraffin (per litre)	10.95

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

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

Luanshya November 2018 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/984>

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