

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	79.36 25kg	2 25kg	158.71
Beans	24.17 kg	3 kg	72.50
Kapenta (Dry)	167.17 kg	2 kg	334.33
Fish (Bream, Dry)	122.60 kg	1 kg	122.40
Beef	35.70 kg	4 kg	142.80
Vegetables	6.17 kg	4 kg	24.67
Tomatoes	7.28 kg	4 kg	29.14
Onion	8.14 kg	2 kg	16.28
Cooking oil (2.5lts)	50.00 Litres	3 Litres	60.00
Bread	8.40 Loaf/day	1 Loaf/day	252.00
Sugar	26.36 2kg	3 2kg	79.07
Milk	7.64 500ml	4 500ml	30.57
Tea	84.40 kg	1 kg	84.40
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	5.79 kg	1 kg	5.79
<b>SubTotal</b>			<b>ZMW 1,432.66</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	138.33 90kg bag(s)	2 90kg bag(s)	276.67
Soap (Lifebuoy/Champion)	6.79 Tablet(s)	10 Tablet(s)	67.86
Wash soap (BOOM)	10.64 400g	4 400g	42.57
Jelly (Vaseline)	20.64 500ml	1 500ml	20.64
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	192.00 95	1 95	192.00
Housing (3 bedroom)	3,000.00 95	1 95	3,000.00

**Subtotal** **ZMW 3,891.74**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,324.40**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	145.00	Chilenje - Town	20.00
Grades 10-12 (User + PTA/year)	975.00	Chelston - town	20.00
		Matero - Town	17.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	4.00	Petrol (per litre)	16.06
Self-referral (Emergency Fee)	4.00	Diesel (per litre)	14.65
Mosquito net (private)	75.00	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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