

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

January 2020

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 148.50 25 kg bag | 2 x 25Kg | 297.00 |
| Rice | 75.62 5kg | 4kg | 60.50 |
| Cassava Flour | 12.50 1kg | 6kg | 75.00 |
| (Sweet) Potatoes | 7.05 1 Kg | 4 Kg | 28.20 |
| Beans | 19.92 1kg | 3kg | 59.75 |
| Pounded Groundnut | 81.09 1kg | 1kg | 81.09 |
| Soya Pieces | 38.53 1 kg | 2kg | 77.06 |
| Beef | 32.75 1kg | 2kg | 65.50 |
| Chicken | 40.67 2kg | 5kg | 101.68 |
| Kapenta | 124.18 1kg | 1kg | 124.18 |
| Eggs | 11.33 1 unit (10 eggs) | 3 Trays (90 eggs) | 101.99 |
| Milk (Fresh) | 7.98 500 ml | 10 liters | 159.50 |
| Vegetables | 236.64 40 Kg | 40kg | 236.64 |
| Onion | 7.89 1 Kg | 4 Kg | 31.55 |
| Tomatoes | 8.55 1 kg | 6 kg | 51.31 |
| Banana | 8.24 1 Kg | 16 Kg | 131.77 |
| Other Fruits | 21.17 1 kg | 14 Kg | 296.35 |
| Cooking oil (2.5lts) | 56.75 2.5lt | 3.6lt | 81.72 |
| Salt | 6.33 1 Kg | 1 Kg | 6.33 |
| Tea | 32.35 250g | 250g | 32.35 |
| SubTotal | | | ZMW 2,099.46 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price(ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------------------|-------------------|------------------|---------------------|
| Charcoal | 96.00 90kg bag(s) | 2 90kg bag(s) | 192.00 |
| Soap (Lifebuoy/Champion) | 8.20 Tablet(s) | 3 Tablet(s) | 24.60 |
| Wash soap (BOOM) | 10.50 400g | 4 400g | 41.99 |
| Jelly (Vaseline) | 17.85 500ml | 1 500ml | 17.85 |
| Electricity (medium density) | 477.51 Month(s) | 1 Month(s) | 477.51 |
| Water & Sanitation (med - fixed) | 184.00 Month(s) | 1 Month(s) | 184.00 |
| Housing (3 bedroom) | 1,500.00 Month(s) | 1 Month(s) | 1,500.00 |
| Sanitary towels | 16.70 Pack of 10 | 2 Pack of 10 | 33.40 |
| Toilet Paper (2ply) | 1.50 Tissue(s) | 6 Tissue(s) | 8.99 |
| Lotion (Dawn) | 23.15 250ml | 1 250ml | 23.15 |
| Subtotal | | | ZMW 2,503.49 |

Total for Basic Needs and Nutrition Basket

ZMW 4,602.95

(C) SOME OTHER ADDITIONAL COSTS

| Education | | Transport (bus fare round trip) | |
|--------------------------------|--------------|--|--------------|
| Item | Amount (ZMW) | Item | Amount (ZMW) |
| Grades 8-9 (User + PTA/year) | 1,050.00 | Kalukungu-Town | 20.00 |
| Grades 10-12 (User + PTA/year) | 5,400.00 | Macha Road-Town | 14.00 |

| Health | | Fuel (cost at the pump) | |
|----------------------------|--------------|--------------------------------|--------------|
| item | Amount (ZMW) | Item | Amount (ZMW) |
| Fast Track / High Cost fee | 100.00 | Petrol (per litre) | 17.62 |
| Mosquito net (private) | 60.00 | Diesel (per litre) | 15.59 |
| Malaria test | 40.00 | Paraffin (per litre) | 15.39 |
| Consultation Fee | 100.00 | | |

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

This survey was conducted on 27th December, 2019 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, 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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