

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.80 25 kg bag	2 x 25Kg	265.60
Rice	71.55 5kg	4kg	57.24
Cassava Flour	13.50 1kg	6kg	80.97
(Sweet) Potatoes	10.11 1 Kg	4 Kg	40.44
Beans	12.44 1kg	3kg	37.31
Pounded Groundnut	30.70 1kg	1kg	30.70
Soya Pieces	35.62 1 kg	2kg	71.24
Beef	43.99 1kg	2kg	87.98
Chicken	55.20 2kg	5kg	137.99
Kapenta	200.00 1kg	1kg	200.00
Eggs	11.83 1 unit (10 eggs)	3 Trays (90 eggs)	106.49
Milk (Fresh)	7.80 500 ml	10 liters	155.96
Vegetables	322.32 40 Kg	40kg	322.32
Onion	9.14 1 Kg	4 Kg	36.57
Tomatoes	7.87 1 kg	6 kg	47.22
Banana	12.19 1 Kg	16 Kg	194.99
Other Fruits	3.51 1 kg	14 Kg	49.18
Cooking oil (2.5lts)	58.70 2.5lt	3.6lt	84.53
Salt	7.40 1 Kg	1 Kg	7.40
<b>SubTotal</b>			<b>ZMW 2,014.13</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	110.25 90kg bag(s)	2 90kg bag(s)	220.50
Soap (Lifebuoy/Champion)	8.40 Tablet(s)	3 Tablet(s)	25.19
Wash soap (BOOM)	10.40 400g	4 400g	41.59
Jelly (Vaseline)	17.00 500ml	1 500ml	17.00
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	150.00 Month(s)	1 Month(s)	150.00
Housing (3 bedroom)	3,000.00 Month(s)	1 Month(s)	3,000.00
Sanitary towels	17.89 Pack of 10	2 Pack of 10	35.79
Toilet Paper (2ply)	8.39 Tissue(s)	6 Tissue(s)	50.33
Lotion (Dawn)	17.00 250ml	1 250ml	17.00

**Subtotal** **ZMW 3,849.40**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,863.53**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	150.00		
Grades 8-9 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 8-12)	1,100.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	17.62
Malaria test	25.00	Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

## (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, Chainta, 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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