

JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.92 25 kg bag	2 x 25Kg	271.83
Rice	82.75 5kg	4kg	66.20
Cassava Flour	11.90 1kg	6kg	71.42
(Sweet) Potatoes	16.92 1 Kg	4 Kg	67.67
Beans	33.57 1kg	3kg	100.72
Pounded Groundnut	53.43 1kg	1kg	53.43
Soya Pieces	41.75 1 kg	2kg	83.50
Beef	39.85 1kg	2kg	79.71
Chicken	58.49 2kg	5kg	146.23
Kapenta	299.07 1kg	1kg	299.07
Eggs	9.23 1 unit (10 eggs)	3 Trays (90 eggs)	83.11
Milk (Fresh)	7.71 500 ml	10 liters	154.23
Vegetables	669.77 40 Kg	40kg	669.77
Onion	37.72 1 Kg	4 Kg	150.88
Tomatoes	19.76 1 kg	6 kg	118.58
Banana	13.28 1 Kg	16 Kg	212.51
Other Fruits	31.42 1 kg	14 Kg	439.93
Cooking oil (2.5lts)	60.07 2.5lt	3.6lt	86.50
Salt	6.32 1 Kg	1 Kg	6.32
Tea	25.78 250g	250g	25.78
SubTotal			ZMW 3,187.42

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	8.28 Tablet(s)	3 Tablet(s)	24.85
Wash soap (BOOM)	10.36 400g	4 400g	41.42
Jelly (Vaseline)	27.20 500ml	1 500ml	27.20
Electricity (medium density)	500.00 Month(s)	1 Month(s)	500.00
Water & Sanitation (med - fixed)	197.00 Month(s)	1 Month(s)	197.00
Housing (3 bedroom)	3,000.00 Month(s)	1 Month(s)	3,000.00
Sanitary towels	12.25 Pack of 10	2 Pack of 10	24.50
Toilet Paper (2ply)	4.21 Tissue(s)	6 Tissue(s)	25.27
Lotion (Dawn)	23.30 250ml	1 250ml	23.30
Subtotal			ZMW 4,223.54

Total for Basic Needs and Nutrition Basket

ZMW 7,410.96

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chilenje - Town	24.00
Grades 10-12 (User + PTA/year)	600.00	Chelston - town	23.00
		Matero - Town	20.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	2.00	Petrol (per litre)	17.62
Self-referral (Emergency Fee)	80.00	Diesel (per litre)	15.59
Mosquito net (private)	20.00	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, Chanda, 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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