

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	143.25 25 kg bag	2 x 25Kg	286.50
Rice	103.44 5kg	4kg	82.75
(Sweet) Potatoes	9.03 1 Kg	4 Kg	36.11
Beans	26.30 1kg	3kg	78.89
Pounded Groundnut	30.36 1kg	1kg	30.36
Soya Pieces	50.21 1 kg	2kg	100.42
Beef	32.13 1kg	2kg	64.25
Chicken	61.25 2kg	5kg	153.13
Kapenta	187.42 1kg	1kg	187.42
Eggs	14.25 1 unit (10 eggs)	3 Trays (90 eggs)	128.25
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	237.62 40 Kg	40kg	237.62
Onion	10.31 1 Kg	4 Kg	41.25
Tomatoes	10.85 1 kg	6 kg	65.10
Banana	11.98 1 Kg	16 Kg	191.66
Other Fruits	10.25 1 kg	14 Kg	143.48
Cooking oil (2.5lts)	67.00 2.5lt	3.6lt	96.48
Salt	6.50 1 Kg	1 Kg	6.50
SubTotal			ZMW 2,090.17

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	8.88 Tablet(s)	3 Tablet(s)	26.63
Wash soap (BOOM)	11.00 400g	4 400g	44.00
Jelly (Vaseline)	19.63 500ml	1 500ml	19.63
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,500.00 Month(s)	1 Month(s)	2,500.00
Sanitary towels	16.38 Pack of 10	2 Pack of 10	32.75
Toilet Paper (2ply)	7.25 Tissue(s)	6 Tissue(s)	43.50
Lotion (Dawn)	21.75 250ml	1 250ml	21.75
Subtotal			ZMW 3,468.25
Total for Basic Needs and Nutrition Basket			ZMW 5,558.42

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	50.00		
Grades 8-9 (User + PTA/year)	650.00		
Grades 10-12 (User + PTA/year)	1,000.00		
School Uniform (Grades 1-7)	60.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00	Petrol (per litre)	17.62
Malaria test	50.00	Diesel (per litre)	15.32
Fast-Track Consultation	150.00		

(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, 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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