

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.67 25 kg bag	2 x 25Kg	291.33
Rice	86.52 5kg	4kg	69.22
Cassava Flour	10.14 1kg	6kg	60.82
(Sweet) Potatoes	8.45 1 Kg	4 Kg	33.81
Beans	12.46 1kg	3kg	37.38
Pounded Groundnut	17.66 1kg	1kg	17.66
Soya Pieces	24.71 1 kg	2kg	49.43
Beef	36.80 1kg	2kg	73.60
Chicken	46.54 2kg	5kg	116.36
Kapenta	136.53 1kg	1kg	136.53
Eggs	13.00 1 unit (10 eggs)	3 Trays (90 eggs)	117.00
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	149.00 40 Kg	40kg	149.00
Onion	10.93 1 Kg	4 Kg	43.72
Tomatoes	12.76 1 kg	6 kg	76.56
Banana	7.16 1 Kg	16 Kg	114.51
Other Fruits	3.49 1 kg	14 Kg	48.90
Cooking oil (2.5lts)	57.50 2.5lt	3.6lt	82.80
Salt	6.00 1 Kg	1 Kg	6.00
<b>SubTotal</b>			<b>ZMW 1,684.63</b>

## (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)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	12.00 400g	4 400g	48.00
Jelly (Vaseline)	24.40 500ml	1 500ml	24.40
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	191.00 Month(s)	1 Month(s)	191.00
Housing (3 bedroom)	1,200.00 Month(s)	1 Month(s)	1,200.00
Sanitary towels	11.60 Pack of 10	2 Pack of 10	23.20
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	21.20 250ml	1 250ml	21.20
<b>Subtotal</b>			<b>ZMW 2,047.80</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 3,732.43**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Tazara-Town	85.00
Grades 8-9 (User + PTA/year)	600.00	Chilonga-Town	190.00
Grades 10-12 (User + PTA/year)	600.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	100.00	Petrol (per litre)	17.62
		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, 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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