

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	170.58 25 kg bag	2 x 25Kg	341.16
Rice	63.03 5kg	4kg	50.43
Cassava Flour	3.88 1kg	6kg	23.30
(Sweet) Potatoes	5.15 1 Kg	4 Kg	20.61
Beans	35.72 1kg	3kg	107.17
Pounded Groundnut	24.88 1kg	1kg	24.88
Soya Pieces	9.58 1 kg	2kg	19.17
Beef	39.35 1kg	2kg	78.71
Chicken	58.97 2kg	5kg	147.43
Kapenta	74.03 1kg	1kg	74.03
Eggs	14.98 1 unit (10 eggs)	3 Trays (90 eggs)	134.80
Milk (Fresh)	5.87 500 ml	10 liters	117.32
Vegetables	249.59 40 Kg	40kg	249.59
Onion	4.62 1 Kg	4 Kg	18.49
Tomatoes	3.66 1 kg	6 kg	21.96
Banana	3.47 1 Kg	16 Kg	55.47
Other Fruits	9.83 1 kg	14 Kg	137.68
Cooking oil (2.5lts)	91.11 2.5lt	3.6lt	131.21
Salt	11.00 1 Kg	1 Kg	11.00
Tea	16.23 250g	250g	16.23
SubTotal			ZMW 1,780.63

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	8.56 Tablet(s)	2 Tablet(s)	24.25
Wash soap (BOOM)	17.17 400g	4 400g	68.67
Jelly (Vaseline)	42.33 500ml	1 500ml	42.33
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	2,200.00 Month(s)	1 Month(s)	2,200.00
Sanitary towels	25.92 Pack of 10	2 Pack of 10	51.83
Toilet Paper (2ply)	2.77 Tissue(s)	6 Tissue(s)	16.60
Lotion (Dawn)	42.17 250ml	1 250ml	42.17
Subtotal			ZMW 3,203.84

Total for Basic Needs and Nutrition Basket

ZMW 4,984.47

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Mitec-Town	10.00
Grades 8-9 (User + PTA/year)	1,680.00		
Grades 10-12 (User + PTA/year)	2,250.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)		
Fast Track / High Cost fee	50.00		
Self-referral (Emergency Fee)	50.00		
Consultation Fee	50.00		

(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, 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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