

# JCTR BASIC NEEDS AND NUTRITION BASKET

Lusaka

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	100.21 25kg	2 25kg	200.43
Beans	28.50 kg	3 kg	85.50
Kapenta (Dry)	178.67 kg	2 kg	357.33
Fish (Bream, Dry)	126.50 kg	1 kg	126.50
Beef	36.30 kg	4 kg	145.19
Vegetables	12.60 kg	4 kg	50.40
Tomatoes	6.34 kg	4 kg	25.36
Onion	11.92 kg	2 kg	23.83
Cooking oil (2.5lts)	48.70 Litres	3 Litres	58.44
Bread	12.50 Loaf/day	1 Loaf/day	374.94
Sugar	27.00 2kg	3 2kg	80.99
Milk	7.83 500ml	4 500ml	31.31
Tea	70.50 kg	1 kg	70.50
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	6.43 kg	1 kg	6.43
<b>SubTotal</b>			<b>ZMW 1,657.15</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	159.33 90kg bag(s)	2 90kg bag(s)	318.67
Soap (Lifebuoy/Champion)	8.07 Tablet(s)	3 Tablet(s)	24.21
Wash soap (BOOM)	8.93 400g	4 400g	35.71
Jelly (Vaseline)	23.43 500ml	1 500ml	23.43
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	192.00 95	1 95	192.00
Housing (3 bedroom)	3,000.00 95	1 95	3,000.00

**Subtotal** **ZMW 3,886.01**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,543.16**

## (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)	145.00	Chilenje - Town	20.00
Grades 10-12 (User + PTA/year)	975.00	Chelston - town	20.00
		Matero - Town	17.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)	4.00	Petrol (per litre)	15.20
Self-referral (Emergency Fee)	4.00	Diesel (per litre)	13.34
Mosquito net (private)	20.00	Paraffin (per litre)	11.34

## (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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