

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	100.32 25kg	2 25kg	200.63
Beans	20.10 kg	3 kg	60.31
Kapenta (Dry)	191.35 kg	2 kg	382.70
Fish (Bream, Dry)	116.38 kg	1 kg	116.38
Beef	41.00 kg	4 kg	163.99
Vegetables	7.60 kg	4 kg	30.40
Tomatoes	11.33 kg	4 kg	45.33
Onion	14.83 kg	2 kg	29.66
Cooking oil (2.5lts)	48.83 Litres	3 Litres	58.60
Bread	7.72 Loaf/day	1 Loaf/day	231.45
Sugar	27.17 2kg	3 2kg	81.50
Milk	7.75 500ml	4 500ml	30.99
Tea	71.66 kg	1 kg	71.66
Eggs	10.11 unit (10 eggs)	2 unit (10 eggs)	20.22
Salt	7.50 kg	1 kg	7.50
<b>SubTotal</b>			<b>ZMW 1,531.31</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	24.33 500ml	1 500ml	24.33
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	3,000.00 95	1 95	3,000.00
<b>Subtotal</b>			<b>ZMW 3,748.32</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,279.63</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	300.00		
Grades 8-9 (User + PTA/year)	1,050.00		
Grades 10-12 (User + PTA/year)	1,100.00		
School Uniform (Grades 1-7)	360.99		
School Uniform (Grades 8-12)	500.99		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	25.00	Petrol (per litre)	15.20
		Diesel (per litre)	13.43
		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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia  
 Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm  
 Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka