

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	111.80 25kg	2 25kg	223.60
Beans	15.20 kg	3 kg	45.60
Kapenta (Dry)	70.00 kg	2 kg	140.00
Fish (Bream, Dry)	75.00 kg	1 kg	75.00
Beef	39.60 kg	4 kg	158.40
Vegetables	7.60 kg	4 kg	30.40
Tomatoes	9.60 kg	4 kg	38.40
Onion	10.20 kg	2 kg	20.40
Cooking oil (2.5lts)	49.20 Litres	3 Litres	59.04
Bread	9.40 Loaf/day	1 Loaf/day	282.00
Sugar	27.00 2kg	3 2kg	81.00
Milk	8.10 500ml	4 500ml	32.40
Tea	51.80 kg	1 kg	51.80
Eggs	12.40 unit (10 eggs)	2 unit (10 eggs)	24.80
Salt	6.80 kg	1 kg	6.80
SubTotal			ZMW 1,269.64

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	56.50 90kg bag(s)	2 90kg bag(s)	113.00
Soap (Lifebuoy/Champion)	9.60 400g	3 400g	30.80
Wash soap (BOOM)	9.50 400g	4 400g	38.00
Jelly (Vaseline)	46.80 500ml	1 500ml	46.80
Electricity (medium density)	190.00 95	1 95	190.00
Water & Sanitation (med - fixed)	225.00 95	1 95	225.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

Subtotal

ZMW 2,143.60

Total for Basic Needs and Nutrition Basket

ZMW 3,413.24

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	130.00	Tazara-Town	16.00
Grades 8-9 (User + PTA/year)	440.00		
Grades 10-12 (User + PTA/year)	440.00		
School Uniform (Grades 1-7)	225.00		
School Uniform (Grades 8-12)	275.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	120.00	Petrol (per litre)	15.20
Malaria test	50.00	Diesel (per litre)	13.80
Consultation Fee	50.00	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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