

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	98.57 25kg	2 25kg	197.14
Beans	25.82 kg	3 kg	77.45
Kapenta (Dry)	121.17 kg	2 kg	242.33
Fish (Bream, Dry)	73.95 kg	1 kg	73.95
Beef	34.00 kg	4 kg	135.99
Vegetables	5.75 kg	4 kg	23.00
Tomatoes	6.64 kg	4 kg	26.57
Onion	10.28 kg	2 kg	20.57
Cooking oil (2.5lts)	38.28 Litres	3 Litres	45.94
Bread	9.64 Loaf/day	1 Loaf/day	289.24
Sugar	25.99 2kg	3 2kg	77.97
Milk	8.64 500ml	4 500ml	34.57
Tea	108.80 kg	1 kg	108.80
Eggs	10.81 unit (10 eggs)	2 unit (10 eggs)	21.62
Salt	12.99 kg	1 kg	12.99
SubTotal			ZMW 1,388.12

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	79.50 90kg bag(s)	2 90kg bag(s)	159.00
Soap (Lifebuoy/Champion)	10.07 Tablet(s)	3 Tablet(s)	30.21
Wash soap (BOOM)	10.43 400g	4 400g	41.71
Jelly (Vaseline)	23.00 500ml	1 500ml	23.00
Electricity (medium density)	250.00 95	1 95	250.00
Water & Sanitation (med - fixed)	300.00 95	1 95	300.00
Housing (3 bedroom)	1,700.00 95	1 95	1,700.00

Subtotal **ZMW 2,503.92**

Total for Basic Needs and Nutrition Basket **ZMW 3,892.04**

(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)	900.00	Dambwa-Town	16.00
Grades 8-9 (User + PTA/year)	2,400.00	Maramba-Town	14.00
Grades 10-12 (User + PTA/year)	2,400.00		
School Uniform (Grades 1-7)	175.00		
School Uniform (Grades 8-12)	225.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	100.00	Petrol (per litre)	15.20
		Diesel (per litre)	13.80
		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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