

# JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	106.33 25kg	2 25kg	212.66
Beans	21.00 kg	3 kg	63.00
Kapenta (Dry)	178.00 kg	2 kg	356.00
Fish (Bream, Dry)	200.00 kg	1 kg	200.00
Beef	39.67 kg	4 kg	158.66
Vegetables	6.00 kg	4 kg	24.00
Tomatoes	10.67 kg	4 kg	42.66
Onion	19.17 kg	2 kg	38.33
Cooking oil (2.5lts)	50.83 Litres	3 Litres	61.00
Bread	9.42 Loaf/day	1 Loaf/day	282.45
Sugar	26.42 2kg	3 2kg	79.25
Milk	8.42 500ml	4 500ml	33.66
Tea	39.66 kg	1 kg	39.66
Eggs	9.67 unit (10 eggs)	2 unit (10 eggs)	19.33
Salt	9.67 kg	1 kg	9.67
<b>SubTotal</b>			<b>ZMW 1,620.32</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	136.80 90kg bag(s)	2 90kg bag(s)	273.60
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.50
Wash soap (BOOM)	9.67 400g	4 400g	38.66
Jelly (Vaseline)	22.82 500ml	1 500ml	22.82
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	189.80 95	1 95	189.80
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00
<b>Subtotal</b>			<b>ZMW 2,343.37</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 3,963.70</b>

## (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	Mpatamatu-Town	20.00
School Uniform (Grades 1-7)	175.00	Roan - Kalala	10.00
School Uniform (Grades 8-9)	2,400.00	Roan-Town	10.00
School Uniform (Grades 8-12)	2,400.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	15.20
		Diesel (per litre)	13.03
		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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