

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	113.60 25kg	2 25kg	227.20
Beans	24.00 kg	3 kg	72.01
Kapenta (Dry)	193.04 kg	2 kg	386.07
Fish (Bream, Dry)	127.97 kg	1 kg	127.97
Beef	34.67 kg	4 kg	138.66
Vegetables	6.22 kg	4 kg	24.88
Tomatoes	11.26 kg	4 kg	45.03
Onion	17.80 kg	2 kg	35.59
Cooking oil (2.5lts)	53.75 Litres	3 Litres	64.50
Bread	9.42 Loaf/day	1 Loaf/day	282.45
Sugar	26.33 2kg	3 2kg	79.00
Milk	7.50 500ml	4 500ml	29.99
Tea	32.50 kg	1 kg	32.50
Eggs	12.50 unit (10 eggs)	2 unit (10 eggs)	25.00
Salt	7.00 kg	1 kg	7.00
<b>SubTotal</b>			<b>ZMW 1,577.84</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	155.60 90kg bag(s)	2 90kg bag(s)	311.20
Soap (Lifebuoy/Champion)	8.00 Tablet(s)	3 Tablet(s)	24.00
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	25.17 500ml	1 500ml	25.17
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	210.00 95	1 95	210.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

**Subtotal** **ZMW 1,901.69**

**Total for Basic Needs and Nutrition Basket** **ZMW 3,479.53**

## (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)	150.00	Shoprite-Town	10.00
Grades 8-9 (User + PTA/year)	1,686.00	100404	20.00
Grades 10-12 (User + PTA/year)	1,686.00	100405	16.00
School Uniform (Grades 1-7)	185.00		
School Uniform (Grades 8-12)	220.00		
<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
Self-referral (Emergency Fee)	20.00	Diesel (per litre)	13.40
		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