

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.00 25 kg bag	2 x 25Kg	300.00
Rice	156.30 5kg	4kg	125.04
Cassava Flour	19.11 1kg	6kg	114.65
(Sweet) Potatoes	16.86 1 Kg	4 Kg	67.43
Beans	15.76 1kg	3kg	47.27
Pounded Groundnut	40.04 1kg	1kg	40.04
Soya Pieces	34.59 1 kg	2kg	69.17
Beef	45.00 1kg	2kg	90.00
Chicken	60.79 2kg	5kg	151.98
Kapenta	40.00 1kg	1kg	40.00
Eggs	15.00 1 unit (10 eggs)	3 Trays (90 eggs)	135.00
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	452.12 40 Kg	40kg	452.12
Onion	58.67 1 Kg	4 Kg	234.66
Tomatoes	28.99 1 kg	6 kg	173.95
Banana	11.33 1 Kg	16 Kg	181.31
Other Fruits	5.23 1 kg	14 Kg	73.27
Cooking oil (2.5lts)	60.00 2.5lt	3.6lt	86.40
Salt	6.00 1 Kg	1 Kg	6.00
SubTotal			ZMW 2,568.29

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	133.75 90kg bag(s)	2 90kg bag(s)	267.50
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	16.00 400g	4 400g	64.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	120.00 Month(s)	1 Month(s)	120.00
Water & Sanitation (med - fixed)	194.00 Month(s)	1 Month(s)	194.00
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 250ml	1 250ml	30.00
Subtotal			ZMW 2,295.50

Total for Basic Needs and Nutrition Basket

ZMW 4,863.79

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Lubwa-Town	100.00
Grades 8-9 (User + PTA/year)	300.00		
Grades 10-12 (User + PTA/year)	300.00		
School Uniform (Grades 1-7)	200.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	20.00	Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

(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, Chainta, 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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