

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mansa

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	97.75 25kg	2 25kg	195.50
Beans	21.83 kg	3 kg	65.49
Kapenta (Dry)	86.62 kg	2 kg	173.24
Beef	40.75 kg	4 kg	162.98
Vegetables	4.73 kg	4 kg	18.93
Tomatoes	7.13 kg	4 kg	28.50
Onion	15.98 kg	2 kg	31.95
Cooking oil (2.5lts)	45.93 Litres	3 Litres	55.12
Bread	8.25 Loaf/day	1 Loaf/day	247.43
Sugar	27.75 2kg	3 2kg	83.24
Milk	7.70 500ml	4 500ml	30.79
Tea	51.16 kg	1 kg	51.16
Eggs	12.29 unit (10 eggs)	2 unit (10 eggs)	24.58
Salt	7.50 kg	1 kg	7.50
<b>SubTotal</b>			<b>ZMW 1,176.40</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	162.00 90kg bag(s)	2 90kg bag(s)	324.00
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	3 Tablet(s)	27.99
Wash soap (BOOM)	9.53 400g	4 400g	38.12
Jelly (Vaseline)	20.99 500ml	1 500ml	20.99
Electricity (medium density)	100.00 95	1 95	100.00
Water & Sanitation (med - fixed)	115.00 95	1 95	115.00
Housing (3 bedroom)	1,233.00 95	1 95	1,233.00

**Subtotal** **ZMW 1,859.10**

**Total for Basic Needs and Nutrition Basket** **ZMW 3,035.51**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	167.50	Maiteneke-Town	8.00
Grades 10-12 (User + PTA/year)	975.00	Senama-Town	6.00
School Uniform (Grades 1-7)	75.00		
School Uniform (Grades 8-9)	210.00		
School Uniform (Grades 8-12)	411.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	17.00	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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