

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

April 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	104.50 25kg	2 25kg	209.00
Beans	21.38 kg	3 kg	64.13
Kapenta (Dry)	165.40 kg	2 kg	330.80
Fish (Bream, Dry)	80.00 kg	1 kg	80.00
Beef	33.38 kg	4 kg	133.50
Vegetables	12.04 kg	4 kg	48.16
Tomatoes	10.88 kg	4 kg	43.50
Onion	14.95 kg	2 kg	29.90
Cooking oil (2.5lts)	52.25 Litres	3 Litres	62.70
Bread	10.63 Loaf/day	1 Loaf/day	318.75
Sugar	28.75 2kg	3 2kg	86.25
Milk	10.25 500ml	4 500ml	41.00
Tea	82.00 kg	1 kg	82.00
Eggs	10.75 unit (10 eggs)	2 unit (10 eggs)	21.50
Salt	6.50 kg	1 kg	6.50
<b>SubTotal</b>			<b>ZMW 1,557.69</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	8.75 Tablet(s)	3 Tablet(s)	26.25
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	21.25 500ml	1 500ml	21.25
Electricity (medium density)	300.00 95	1 95	300.00
Water & Sanitation (med - fixed)	250.00 95	1 95	250.00
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00

**Subtotal** **ZMW 2,617.50**

**Total for Basic Needs and Nutrition Basket** **ZMW 4,175.19**

## (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)	270.00	Site & Service	25.00
Grades 8-9 (User + PTA/year)	650.00	Manungu	25.00
Grades 10-12 (User + PTA/year)	1,000.00		
School Uniform (Grades 1-7)	57.50		
School Uniform (Grades 8-12)	97.50		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00	Petrol (per litre)	15.20
Malaria test	50.00	Diesel (per litre)	13.43
		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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