

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	110.00 25kg	2 25kg	220.00
Beans	60.00 kg	3 kg	180.00
Kapenta (Dry)	120.00 kg	2 kg	240.00
Fish (Bream, Dry)	60.00 kg	1 kg	60.00
Beef	40.00 kg	4 kg	160.00
Vegetables	5.00 kg	4 kg	20.00
Tomatoes	15.00 kg	4 kg	60.00
Onion	10.00 kg	2 kg	20.00
Cooking oil (2.5lts)	55.00 Litres	3 Litres	66.00
Bread	10.00 Loaf/day	1 Loaf/day	300.00
Sugar	27.00 2kg	3 2kg	81.00
Milk	7.00 500ml	4 500ml	28.00
Tea	13.33 kg	1 kg	13.33
Eggs	15.00 unit (10 eggs)	2 unit (10 eggs)	30.00
Salt	10.00 kg	1 kg	10.00
SubTotal			ZMW 1,488.33

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	60.00 90kg bag(s)	2 90kg bag(s)	120.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	10 Tablet(s)	100.00
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	154.00 95	1 95	154.00
Housing (3 bedroom)	1,762.00 95	1 95	1,762.00

Subtotal **ZMW 2,508.00**

Total for Basic Needs and Nutrition Basket **ZMW 3,996.33**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	340.00	Turn off-Town	80.00
Grades 10-12 (User + PTA/year)	375.00	60213	50.00

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	16.06
Malaria test	10.00	Diesel (per litre)	14.65
		Paraffin (per litre)	11.30

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

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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Jesuit Centre for Theological Reflection (JCTR)

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2018-12-31

Chinsali December 2018 Basic Needs and Nutrition Basket Report

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