

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	95.82 25kg	2 25kg	191.63
Beans	22.83 kg	3 kg	68.50
Kapenta (Dry)	169.67 kg	2 kg	339.33
Beef	35.33 kg	4 kg	141.33
Vegetables	6.33 kg	4 kg	25.33
Tomatoes	9.83 kg	4 kg	39.33
Onion	11.08 kg	2 kg	22.17
Cooking oil (2.5lts)	48.33 Litres	3 Litres	58.00
Bread	9.00 Loaf/day	1 Loaf/day	270.00
Sugar	26.50 2kg	3 2kg	79.50
Milk	8.00 500ml	4 500ml	32.00
Tea	63.20 kg	1 kg	63.20
Eggs	16.83 unit (10 eggs)	2 unit (10 eggs)	33.67
Salt	7.17 kg	1 kg	7.17
SubTotal			ZMW 1,371.16

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	82.80 90kg bag(s)	2 90kg bag(s)	165.60
Soap (Lifebuoy/Champion)	9.50 Tablet(s)	10 Tablet(s)	95.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	22.00 500ml	1 500ml	22.00
Electricity (medium density)	150.00 95	1 95	150.00
Water & Sanitation (med - fixed)	135.00 95	1 95	135.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

Subtotal

ZMW 1,607.60

Total for Basic Needs and Nutrition Basket

ZMW 2,978.76

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 10-12 (User + PTA/year)	300.00	Shoprite-Town	12.00
School Uniform (Grades 1-7)	304.00	100404	10.00
School Uniform (Grades 8-12)	419.00	100405	16.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	20.00	Petrol (per litre)	16.06
		Diesel (per litre)	14.65
		Paraffin (per litre)	11.84

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

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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Reports

Advocacy on Living Conditions

2018-12-31

Mongu December 2018 Basic Needs and Nutrition Basket Report

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