

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	87.50 25kg	2 25kg	175.00
Beans	21.00 kg	3 kg	63.00
Kapenta (Dry)	175.75 kg	2 kg	351.50
Fish (Bream, Dry)	99.00 kg	1 kg	99.00
Beef	31.25 kg	4 kg	125.00
Vegetables	5.93 kg	4 kg	23.70
Tomatoes	9.93 kg	4 kg	39.70
Onion	8.63 kg	2 kg	17.25
Cooking oil (2.5lts)	50.00 Litres	3 Litres	60.00
Bread	9.75 Loaf/day	1 Loaf/day	292.50
Sugar	28.00 2kg	3 2kg	84.00
Milk	8.00 500ml	4 500ml	32.00
Tea	64.00 kg	1 kg	64.00
Eggs	10.75 unit (10 eggs)	2 unit (10 eggs)	21.50
Salt	7.25 kg	1 kg	7.25
SubTotal			ZMW 1,455.40

(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)	9.50 Tablet(s)	10 Tablet(s)	95.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	16.25 500ml	1 500ml	16.25
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00

Subtotal **ZMW 2,373.25**

Total for Basic Needs and Nutrition Basket **ZMW 3,828.65**

(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	20.00
Grades 8-9 (User + PTA/year)	390.00	Manungu	20.00
Grades 10-12 (User + PTA/year)	1,000.00		
School Uniform (Grades 1-7)	57.50		
School Uniform (Grades 8-12)	92.50		
<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)	16.06
Malaria test	50.00	Diesel (per litre)	14.65
		Paraffin (per litre)	11.34

(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)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2018-12-31

Monze December 2018 Basic Needs and Nutrition Basket Report

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