

JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	91.25 25kg	2 25kg	182.50
Beans	14.25 kg	3 kg	42.75
Kapenta (Dry)	112.50 kg	2 kg	225.00
Fish (Bream, Dry)	128.75 kg	1 kg	128.75
Beef	45.00 kg	4 kg	180.00
Vegetables	5.25 kg	4 kg	21.00
Tomatoes	10.50 kg	4 kg	42.00
Onion	9.50 kg	2 kg	19.00
Cooking oil (2.5lts)	50.75 Litres	3 Litres	60.90
Bread	9.25 Loaf/day	1 Loaf/day	277.50
Sugar	29.00 2kg	3 2kg	87.00
Milk	7.50 500ml	4 500ml	30.00
Tea	87.75 kg	1 kg	87.75
Eggs	15.00 unit (10 eggs)	2 unit (10 eggs)	30.00
Salt	6.25 kg	1 kg	6.25
SubTotal			ZMW 1,420.40

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	65.25 90kg bag(s)	2 90kg bag(s)	130.50
Soap (Lifebuoy/Champion)	8.50 Tablet(s)	10 Tablet(s)	85.00
Wash soap (BOOM)	9.25 400g	4 400g	37.00
Jelly (Vaseline)	23.00 500ml	1 500ml	23.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

Subtotal **ZMW 1,717.50**

Total for Basic Needs and Nutrition Basket **ZMW 3,137.90**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	300.00	Tazara-Town	80.00
Grades 8-9 (User + PTA/year)	1,290.00	Chilonga-Town	180.00
Grades 10-12 (User + PTA/year)	1,452.00		
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-12)	385.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	16.06
Malaria test	35.00	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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

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Advocacy on Living Conditions

2018-12-31

Mpika December 2018 Basic Needs and Nutrition Basket Report

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