

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	100.10 25kg	2 25kg	200.20
Beans	11.70 kg	3 kg	35.10
Kapenta (Dry)	29.60 kg	2 kg	59.20
Fish (Bream, Dry)	95.50 kg	1 kg	95.50
Beef	31.00 kg	4 kg	123.99
Vegetables	5.85 kg	4 kg	23.40
Tomatoes	14.83 kg	4 kg	59.33
Onion	10.73 kg	2 kg	21.45
Cooking oil (2.5lts)	59.75 Litres	3 Litres	71.70
Bread	9.83 Loaf/day	1 Loaf/day	294.95
Sugar	23.50 2kg	3 2kg	70.50
Milk	7.10 500ml	4 500ml	28.39
Tea	48.67 kg	1 kg	48.67
Eggs	13.80 unit (10 eggs)	2 unit (10 eggs)	27.60
Salt	7.33 kg	1 kg	7.33
<b>SubTotal</b>			<b>ZMW 1,167.30</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	105.90 90kg bag(s)	2 90kg bag(s)	211.80
Soap (Lifebuoy/Champion)	8.50 Tablet(s)	10 Tablet(s)	84.98
Wash soap (BOOM)	9.75 400g	4 400g	38.99
Jelly (Vaseline)	20.83 500ml	1 500ml	20.83
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	95.00 95	1 95	95.00
Housing (3 bedroom)	950.00 95	1 95	950.00

**Subtotal** **ZMW 1,693.61**

**Total for Basic Needs and Nutrition Basket** **ZMW 2,860.91**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	450.00	Border-Town	40.00
Grades 8-9 (User + PTA/year)	750.00	Gonder-Town	20.00
Grades 10-12 (User + PTA/year)	1,333.00	Kapata-Town	30.00
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-9)	300.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	40.00	Petrol (per litre)	16.06
Consultation Fee	80.00	Diesel (per litre)	14.65
CD4 Count	80.00	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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**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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