

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	95.16 25kg	2 25kg	190.32
Beans	15.00 kg	3 kg	45.00
Kapenta (Dry)	345.00 kg	2 kg	690.00
Fish (Bream, Dry)	275.00 kg	1 kg	275.00
Beef	44.50 kg	4 kg	177.99
Vegetables	4.25 kg	4 kg	17.00
Tomatoes	10.90 kg	4 kg	43.59
Onion	12.90 kg	2 kg	25.80
Cooking oil (2.5lts)	45.38 Litres	3 Litres	54.45
Bread	8.40 Loaf/day	1 Loaf/day	252.00
Sugar	24.80 2kg	3 2kg	74.39
Milk	9.10 500ml	4 500ml	36.39
Tea	40.50 kg	1 kg	40.50
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	11.30 kg	1 kg	11.30
SubTotal			ZMW 1,953.72

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	147.00 90kg bag(s)	2 90kg bag(s)	294.00
Soap (Lifebuoy/Champion)	8.30 Tablet(s)	10 Tablet(s)	82.98
Wash soap (BOOM)	9.40 400g	4 400g	37.59
Jelly (Vaseline)	24.18 500ml	1 500ml	24.18
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	254.00 95	1 95	254.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00

Subtotal **ZMW 2,584.75**

Total for Basic Needs and Nutrition Basket **ZMW 4,538.48**

(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)	900.00	Chamboli-Town	14.00
Grades 8-9 (User + PTA/year)	1,100.00	Chimwemwe-Town	15.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	16.06
Malaria test	20.00	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

Kitwe December 2018 Basic Needs and Nutrition Basket Report

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