

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

December 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	94.30 25kg	2 25kg	188.60
Beans	21.67 kg	3 kg	65.00
Kapenta (Dry)	164.00 kg	2 kg	328.00
Fish (Bream, Dry)	200.00 kg	1 kg	200.00
Beef	40.50 kg	4 kg	161.99
Vegetables	6.00 kg	4 kg	24.00
Tomatoes	10.00 kg	4 kg	40.00
Onion	14.17 kg	2 kg	28.33
Cooking oil (2.5lts)	46.50 Litres	3 Litres	55.80
Bread	7.50 Loaf/day	1 Loaf/day	224.95
Sugar	25.33 2kg	3 2kg	76.00
Milk	7.42 500ml	4 500ml	29.66
Tea	39.66 kg	1 kg	39.66
Eggs	9.67 unit (10 eggs)	2 unit (10 eggs)	19.33
Salt	11.00 kg	1 kg	11.00
SubTotal			ZMW 1,492.31

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	196.00 90kg bag(s)	2 90kg bag(s)	392.00
Soap (Lifebuoy/Champion)	9.75 Tablet(s)	10 Tablet(s)	97.48
Wash soap (BOOM)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	21.41 500ml	1 500ml	21.41
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	189.80 95	1 95	189.80
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

Subtotal **ZMW 2,532.68**

Total for Basic Needs and Nutrition Basket **ZMW 4,025.00**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	390.00	Mpatamatu-Town	16.00
Grades 10-12 (User + PTA/year)	1,000.00	Roan - Kalala	8.00
		Roan-Town	8.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	10.00	Petrol (per litre)	16.06
		Diesel (per litre)	14.65

(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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2018-12-31

Luanshya December 2018 Basic Needs and Nutrition Basket Report

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