

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	105.00 25kg	2 25kg	210.00
Beans	60.00 kg	3 kg	180.00
Kapenta (Dry)	100.00 kg	2 kg	200.00
Fish (Bream, Dry)	60.00 kg	1 kg	60.00
Beef	40.00 kg	4 kg	160.00
Vegetables	10.00 kg	4 kg	40.00
Tomatoes	15.00 kg	4 kg	60.00
Onion	15.00 kg	2 kg	30.00
Cooking oil (2.5lts)	55.00 Litres	3 Litres	66.00
Bread	10.00 Loaf/day	1 Loaf/day	300.00
Sugar	27.00 2kg	3 2kg	81.00
Milk	7.00 500ml	4 500ml	28.00
Tea	60.00 kg	1 kg	48.75
Eggs	15.00 unit (10 eggs)	2 unit (10 eggs)	30.00
Salt	12.00 kg	1 kg	12.00
SubTotal			ZMW 1,505.75

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	8.00 Tablet(s)	3 Tablet(s)	24.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	154.00 95	1 95	154.00
Housing (3 bedroom)	1,762.50 95	1 95	1,762.50

Subtotal

ZMW 2,548.50

Total for Basic Needs and Nutrition Basket

ZMW 4,054.25

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Turn off-Town	80.00
Grades 8-9 (User + PTA/year)	420.00	60213	50.00
Grades 10-12 (User + PTA/year)	350.00		
School Uniform (Grades 1-7)	150.00		
School Uniform (Grades 8-9)	250.00		

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	15.20
Malaria test	20.00	Diesel (per litre)	13.43
		Paraffin (per litre)	11.34

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

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2019-03-30

Chinsali March 2019 Basic Needs and Nutrition Basket Report

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