

# JCTR BASIC NEEDS AND NUTRITION BASKET

Chipata

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	99.70 25kg	2 25kg	199.40
Beans	14.92 kg	3 kg	44.75
Kapenta (Dry)	78.05 kg	2 kg	156.10
Fish (Bream, Dry)	80.00 kg	1 kg	80.00
Beef	31.00 kg	4 kg	123.99
Vegetables	3.09 kg	4 kg	12.36
Tomatoes	12.55 kg	4 kg	50.21
Onion	7.29 kg	2 kg	14.58
Cooking oil (2.5lts)	59.00 Litres	3 Litres	70.80
Bread	9.83 Loaf/day	1 Loaf/day	294.95
Sugar	26.83 2kg	3 2kg	80.50
Milk	7.08 500ml	4 500ml	28.33
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 1,239.55</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	138.60 90kg bag(s)	2 90kg bag(s)	277.20
Soap (Lifebuoy/Champion)	8.25 Tablet(s)	3 Tablet(s)	24.75
Wash soap (BOOM)	9.83 400g	4 400g	39.33
Jelly (Vaseline)	20.17 500ml	1 500ml	20.17
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	120.00 95	1 95	120.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

**Subtotal**

**ZMW 2,273.44**

**Total for Basic Needs and Nutrition Basket**

**ZMW 3,512.99**

## (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)	550.00	Gonder-Town	30.00
Grades 8-9 (User + PTA/year)	970.00	Kapata-Town	40.00
Grades 10-12 (User + PTA/year)	1,400.00		
School Uniform (Grades 1-7)	300.00		
School Uniform (Grades 8-12)	380.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	30.00	Petrol (per litre)	15.06
Self-referral (Emergency Fee)	60.00	Diesel (per litre)	13.43
Malaria test	60.00	Paraffin (per litre)	11.34
Consultation Fee	100.00		
CD4 Count	100.00		

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

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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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2019-03-30

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