

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

September 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	73.00 25kg	2 25kg	146.00
Beans	22.25 kg	3 kg	66.75
Kapenta (Dry)	166.03 kg	2 kg	332.05
Fish (Bream, Dry)	92.00 kg	1 kg	92.00
Beef	29.50 kg	4 kg	118.00
Vegetables	3.00 kg	4 kg	12.00
Tomatoes	5.75 kg	4 kg	23.00
Onion	7.55 kg	2 kg	15.10
Cooking oil (2.5lts)	54.50 Litres	3 Litres	65.40
Bread	8.63 Loaf/day	1 Loaf/day	258.75
Sugar	27.00 2kg	3 2kg	81.00
Milk	10.25 500ml	4 500ml	41.00
Tea	84.00 kg	1 kg	84.00
Eggs	10.75 unit (10 eggs)	2 unit (10 eggs)	21.50
Salt	6.13 kg	1 kg	6.13
SubTotal			ZMW 1,362.68

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	72.00 90kg bag(s)	2 90kg bag(s)	144.00
Soap (Lifebuoy/Champion)	10.25 Tablet(s)	10 Tablet(s)	102.50
Wash soap (BOOM)	10.13 400g	4 400g	40.50
Jelly (Vaseline)	20.13 500ml	1 500ml	20.13
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00
Subtotal			ZMW 2,349.13

Total for Basic Needs and Nutrition Basket

ZMW 3,711.80

(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)	270.00	Site & Service	20.00
Grades 8-9 (User + PTA/year)	390.00	Manungu	20.00
Grades 10-12 (User + PTA/year)	1,000.00		
School Uniform (Grades 1-7)	58.00		
School Uniform (Grades 8-12)	93.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00	Petrol (per litre)	13.75
Malaria test	50.00	Diesel (per litre)	12.01

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

This survey was conducted on 27th December, 2019 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chanda, 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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Monze September 2018 Basic Needs and Nutrition Basket report

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