

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	93.38 25kg	2 25kg	186.75
Beans	19.25 kg	3 kg	57.75
Kapenta (Dry)	141.38 kg	2 kg	282.75
Fish (Bream, Dry)	84.00 kg	1 kg	84.00
Beef	30.75 kg	4 kg	123.00
Vegetables	7.47 kg	4 kg	29.87
Tomatoes	6.20 kg	4 kg	24.80
Onion	8.13 kg	2 kg	16.25
Cooking oil (2.5lts)	54.38 Litres	3 Litres	65.25
Bread	9.38 Loaf/day	1 Loaf/day	281.25
Sugar	27.50 2kg	3 2kg	82.49
Milk	7.75 500ml	4 500ml	31.00
Tea	163.80 kg	1 kg	163.80
Eggs	10.63 unit (10 eggs)	2 unit (10 eggs)	21.25
Salt	6.63 kg	1 kg	6.63
<b>SubTotal</b>			<b>ZMW 1,456.83</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	102.00 90kg bag(s)	2 90kg bag(s)	204.00
Soap (Lifebuoy/Champion)	7.75 Tablet(s)	3 Tablet(s)	23.25
Wash soap (BOOM)	10.25 400g	4 400g	40.99
Jelly (Vaseline)	20.00 90kg bag(s)	1 90kg bag(s)	20.00
Electricity (medium density)	477.50 95	1 95	477.50
Water & Sanitation (med - fixed)	180.00 95	1 95	180.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

### Subtotal

**ZMW 2,445.74**

### Total for Basic Needs and Nutrition Basket

**ZMW 3,902.57**

## (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)	150.00	Kalukungu-Town	20.00
Grades 8-9 (User + PTA/year)	1,050.00	Macha Road-Town	20.00
Grades 10-12 (User + PTA/year)	5,400.00		
School Uniform (Grades 1-7)	132.00		
School Uniform (Grades 8-9)	218.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	15.20
Mosquito net (private)	60.00	Diesel (per litre)	13.43
Malaria test	40.00	Paraffin (per litre)	11.34
Consultation Fee	100.00		
CD4 Count	77.00		

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

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia  
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm  
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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