

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mpika**

**March 2019**

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

<b>Commodity</b>	<b>Price (ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Mealie Meal (Breakfast)	99.00 25kg	2 25kg	198.00
Beans	8.80 kg	3 kg	26.40
Kapenta (Dry)	92.00 kg	2 kg	184.00
Fish (Bream, Dry)	120.00 kg	1 kg	120.00
Beef	38.80 kg	4 kg	155.20
Vegetables	6.60 kg	4 kg	26.40
Tomatoes	14.00 kg	4 kg	56.00
Onion	9.20 kg	2 kg	18.40
Cooking oil (2.5lts)	46.80 Litres	3 Litres	56.16
Bread	10.00 Loaf/day	1 Loaf/day	300.00
Sugar	29.20 2kg	3 2kg	87.60
Milk	7.60 500ml	4 500ml	30.40
Tea	34.00 kg	1 kg	34.00
Eggs	15.00 unit (10 eggs)	2 unit (10 eggs)	30.00
Salt	6.00 kg	1 kg	6.00
<b>SubTotal</b>			<b>ZMW 1,328.56</b>

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

<b>Commodity</b>	<b>Price(ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Charcoal	77.40 90kg bag(s)	2 90kg bag(s)	154.80
Soap (Lifebuoy/Champion)	9.60 Tablet(s)	3 Tablet(s)	28.80
Wash soap (BOOM)	12.20 400g	4 400g	48.80
Jelly (Vaseline)	17.60 500ml	1 500ml	17.60
Electricity (medium density)	250.00 95	1 95	250.00
Water & Sanitation (med - fixed)	120.00 95	1 95	120.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

**Subtotal**

**ZMW 1,620.00**

**Total for Basic Needs and Nutrition Basket**

**ZMW 2,948.56**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
Grades 1-7 (User + PTA/year)	15.00	Tazara-Town	80.00
Grades 8-9 (User + PTA/year)	12.00	Chilonga-Town	180.00
Grades 10-12 (User + PTA/year)	1,350.00		
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-12)	385.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
<b>item</b>	<b>Amount (ZMW)</b>	<b>Item</b>	<b>Amount (ZMW)</b>
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	15.20
Malaria test	35.00	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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Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

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# Mpika March 2019 Basic Needs and Nutrition Basket Report

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