

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	99.00 25kg	2 25kg	198.00
Beans	20.38 kg	3 kg	61.13
Kapenta (Dry)	143.50 kg	2 kg	287.00
Fish (Bream, Dry)	92.00 kg	1 kg	92.00
Beef	31.75 kg	4 kg	127.00
Vegetables	7.72 kg	4 kg	30.88
Tomatoes	12.02 kg	4 kg	48.09
Onion	15.73 kg	2 kg	31.45
Cooking oil (2.5lts)	52.25 Litres	3 Litres	62.70
Bread	9.88 Loaf/day	1 Loaf/day	296.25
Sugar	28.75 2kg	3 2kg	86.25
Milk	7.75 500ml	4 500ml	31.00
Tea	62.00 kg	1 kg	62.00
Eggs	10.75 unit (10 eggs)	2 unit (10 eggs)	21.50
Salt	6.50 kg	1 kg	6.50
SubTotal			ZMW 1,441.75

(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)	8.75 Tablet(s)	3 Tablet(s)	26.25
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	21.25 500ml	1 500ml	21.25
Electricity (medium density)	300.00 95	1 95	300.00
Water & Sanitation (med - fixed)	250.00 95	1 95	250.00
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00

Subtotal

ZMW 2,581.50

Total for Basic Needs and Nutrition Basket

ZMW 4,023.25

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	270.00
Grades 8-9 (User + PTA/year)	650.00
Grades 10-12 (User + PTA/year)	1,000.00
School Uniform (Grades 1-7)	57.50
School Uniform (Grades 8-12)	97.50

Transport (bus fare round trip)

Health

item	Amount (ZMW)
Self-referral (Emergency Fee)	40.00
Malaria test	50.00

Fuel (cost at the pump)

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

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Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2019-03-30

Monze March 2019 Basic Needs and Nutrition Basket Report

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