

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	95.67 25kg	2 25kg	191.33
Beans	20.74 kg	3 kg	62.23
Kapenta (Dry)	200.25 kg	2 kg	400.50
Fish (Bream, Dry)	117.63 kg	1 kg	117.63
Beef	40.67 kg	4 kg	162.67
Vegetables	6.20 kg	4 kg	24.80
Tomatoes	5.17 kg	4 kg	20.66
Onion	13.08 kg	2 kg	26.16
Cooking oil (2.5lts)	48.83 Litres	3 Litres	58.60
Bread	7.72 Loaf/day	1 Loaf/day	231.45
Sugar	25.67 2kg	3 2kg	77.00
Milk	7.58 500ml	4 500ml	30.33
Tea	75.20 kg	1 kg	75.20
Eggs	10.11 unit (10 eggs)	2 unit (10 eggs)	20.22
Salt	7.33 kg	1 kg	7.33
<b>SubTotal</b>			<b>ZMW 1,506.09</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.50
Wash soap (BOOM)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	19.20 500ml	1 500ml	19.20
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	3,000.00 95	1 95	3,000.00

**Subtotal**

**ZMW 3,743.69**

**Total for Basic Needs and Nutrition Basket**

**ZMW 5,249.78**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	300.00		
Grades 8-9 (User + PTA/year)	1,050.00		
Grades 10-12 (User + PTA/year)	1,100.00		
School Uniform (Grades 1-7)	360.99		
School Uniform (Grades 8-9)	500.99		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	15.20
Malaria test	25.00	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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# Kabwe March 2019 Basic Needs and Nutrition Basket Report

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