

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast)	92.50 25kg	2 25kg	185.00
Beans	23.50 kg	3 kg	70.50
Kapenta (Dry)	148.50 kg	2 kg	297.00
Fish (Bream, Dry)	70.50 kg	1 kg	70.50
Beef	33.67 kg	4 kg	134.67
Vegetables	6.30 kg	4 kg	25.20
Tomatoes	10.17 kg	4 kg	40.66
Onion	7.17 kg	2 kg	14.33
Cooking oil (2.5lts)	51.50 Litres	3 Litres	61.80
Bread	8.33 Loaf/day	1 Loaf/day	250.00
Sugar	26.17 2kg	3 2kg	78.50
Milk	7.92 500ml	4 500ml	31.66
Tea	56.00 kg	1 kg	56.00
Eggs	15.50 unit (10 eggs)	2 unit (10 eggs)	31.00
Salt	6.83 kg	1 kg	6.83
SubTotal			ZMW 1,353.64

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	92.25 90kg bag(s)	2 90kg bag(s)	184.50
Soap (Lifebuoy/Champion)	9.67 Tablet(s)	10 Tablet(s)	96.67
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	22.33 500ml	1 500ml	22.33
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	185.00 95	1 95	185.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

Subtotal **ZMW 1,820.50**

Total for Basic Needs and Nutrition Basket **ZMW 3,174.14**

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,300.00	Shoprite-Town	12.00
Grades 10-12 (User + PTA/year)	1,200.00	100404	10.00
School Uniform (Grades 1-7)	304.00	100405	16.00
School Uniform (Grades 8-12)	419.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	20.00	Petrol (per litre)	16.06
		Diesel (per litre)	14.65
		Paraffin (per litre)	11.34

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

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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Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2018-11-30

Mongu November 2018 Basic Needs and Nutrition Basket Report

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