

# JCTR BASIC NEEDS AND NUTRITION BASKET

Mpika

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	88.00 25kg	2 25kg	176.00
Beans	19.20 kg	3 kg	57.60
Kapenta (Dry)	110.00 kg	2 kg	220.00
Fish (Bream, Dry)	125.00 kg	1 kg	125.00
Beef	45.00 kg	4 kg	180.00
Vegetables	5.20 kg	4 kg	20.80
Tomatoes	10.00 kg	4 kg	40.00
Onion	9.60 kg	2 kg	19.20
Cooking oil (2.5lts)	52.00 Litres	3 Litres	62.40
Bread	9.00 Loaf/day	1 Loaf/day	270.00
Sugar	30.00 2kg	3 2kg	90.00
Milk	7.60 500ml	4 500ml	30.40
Tea	78.20 kg	1 kg	78.20
Eggs	15.00 unit (10 eggs)	2 unit (10 eggs)	30.00
Salt	6.30 kg	1 kg	6.30
<b>SubTotal</b>			<b>ZMW 1,405.90</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	63.00 90kg bag(s)	2 90kg bag(s)	126.00
Soap (Lifebuoy/Champion)	8.40 Tablet(s)	10 Tablet(s)	84.00
Wash soap (BOOM)	9.80 400g	4 400g	39.20
Jelly (Vaseline)	23.20 500ml	1 500ml	23.20
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	150.00 95	1 95	150.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

**Subtotal** **ZMW 1,714.40**

**Total for Basic Needs and Nutrition Basket** **ZMW 3,120.30**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	300.00	Tazara-Town	80.00
Grades 8-9 (User + PTA/year)	1,290.00	Chilonga-Town	180.00
Grades 10-12 (User + PTA/year)	1,452.00		
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-12)	385.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	16.06
Malaria test	35.00	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)**

**JCTR Repository**

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

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2018-11-30

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