

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	96.75 25kg	2 25kg	193.50
Beans	19.31 kg	3 kg	57.92
Kapenta (Dry)	176.75 kg	2 kg	353.50
Fish (Bream, Dry)	219.80 kg	1 kg	219.80
Beef	40.18 kg	4 kg	160.71
Vegetables	6.66 kg	4 kg	26.63
Tomatoes	9.20 kg	4 kg	36.79
Onion	16.70 kg	2 kg	33.40
Cooking oil (2.5lts)	49.50 Litres	3 Litres	59.40
Bread	9.50 Loaf/day	1 Loaf/day	284.95
Sugar	27.50 2kg	3 2kg	82.50
Milk	8.17 500ml	4 500ml	32.66
Tea	87.92 kg	1 kg	87.92
Eggs	12.92 unit (10 eggs)	2 unit (10 eggs)	25.83
Salt	10.00 kg	1 kg	10.00
SubTotal			ZMW 1,665.50

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	9.33 Tablet(s)	10 Tablet(s)	93.32
Wash soap (BOOM)	16.00 400g	4 400g	63.99
Jelly (Vaseline)	22.08 500ml	1 500ml	22.08
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	292.00 95	1 95	292.00
Housing (3 bedroom)	1,800.00 95	1 95	1,800.00

Subtotal **ZMW 2,743.39**

Total for Basic Needs and Nutrition Basket **ZMW 4,408.89**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	300.00	Mitec-Town	7.00
Grades 8-9 (User + PTA/year)	125.00	Messenger-Town	7.00
Grades 10-12 (User + PTA/year)	625.00	80704	8.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	20.00	Petrol (per litre)	16.06
Mosquito net (private)	20.00	Diesel (per litre)	14.65
Consultation Fee	1.00	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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Advocacy on Living Conditions

2018-11-30

Solwezi November 2018 Basic Needs and Nutrition Basket Report

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