

JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	79.50 25kg	2 25kg	159.00
Beans	21.38 kg	3 kg	64.13
Kapenta (Dry)	118.25 kg	2 kg	236.50
Fish (Bream, Dry)	61.35 kg	1 kg	61.35
Beef	33.50 kg	4 kg	134.00
Vegetables	2.77 kg	4 kg	11.07
Tomatoes	5.20 kg	4 kg	20.80
Onion	4.08 kg	2 kg	8.15
Cooking oil (2.5lts)	51.63 Litres	3 Litres	61.95
Bread	9.63 Loaf/day	1 Loaf/day	288.75
Sugar	25.75 2kg	3 2kg	77.24
Milk	7.63 500ml	4 500ml	30.50
Tea	142.40 kg	1 kg	142.40
Eggs	9.83 unit (10 eggs)	2 unit (10 eggs)	19.65
Salt	5.95 kg	1 kg	5.95
SubTotal			ZMW 1,321.43

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	9.30 Tablet(s)	10 Tablet(s)	93.00
Wash soap (BOOM)	10.33 400g	4 400g	41.32
Jelly (Vaseline)	32.50 500ml	1 500ml	32.50
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	96.00 95	1 95	96.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

Subtotal **ZMW 2,342.82**

Total for Basic Needs and Nutrition Basket **ZMW 3,664.25**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Kalukungu-Town	14.00
Grades 8-9 (User + PTA/year)	375.00	Macha Road-Town	14.00
Grades 10-12 (User + PTA/year)	1,400.00		

Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	16.06
Mosquito net (private)	60.00	Diesel (per litre)	14.65
Malaria test	40.00	Paraffin (per litre)	11.34
Consultation Fee	100.00		
CD4 Count	77.00		

(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

Choma November 2018 Basic Needs and Nutrition Basket Report

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