

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

November 2018

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	88.40 25kg	2 25kg	176.80
Beans	15.50 kg	3 kg	46.50
Kapenta (Dry)	277.50 kg	2 kg	555.00
Fish (Bream, Dry)	272.50 kg	1 kg	272.50
Beef	45.50 kg	4 kg	182.00
Vegetables	6.13 kg	4 kg	24.50
Tomatoes	10.90 kg	4 kg	43.59
Onion	12.50 kg	2 kg	25.00
Cooking oil (2.5lts)	47.90 Litres	3 Litres	57.48
Bread	9.10 Loaf/day	1 Loaf/day	272.94
Sugar	28.90 2kg	3 2kg	86.69
Milk	9.90 500ml	4 500ml	39.60
Tea	20.70 kg	1 kg	20.70
Eggs	10.00 unit (10 eggs)	2 unit (10 eggs)	20.00
Salt	10.30 kg	1 kg	10.30

SubTotal **ZMW 1,833.60**

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	147.00 90kg bag(s)	2 90kg bag(s)	294.00
Soap (Lifebuoy/Champion)	8.20 Tablet(s)	10 Tablet(s)	82.00
Wash soap (BOOM)	10.20 400g	4 400g	40.80
Jelly (Vaseline)	25.00 500ml	1 500ml	25.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	254.00 95	1 95	254.00
Housing (3 bedroom)	1,600.00 95	1 95	1,600.00

Subtotal **ZMW 2,587.80**

Total for Basic Needs and Nutrition Basket **ZMW 4,421.40**

(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)	900.00	Chamboli-Town	14.00
Grades 8-9 (User + PTA/year)	1,100.00	Chimwemwe-Town	15.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	16.06
Malaria test	20.00	Diesel (per litre)	14.66
		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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2018-11-30

Kitwe November 2018 Basic Needs and Nutrition Basket Report

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