

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	108.00 25kg	2 25kg	216.00
Beans	15.20 kg	3 kg	45.59
Kapenta (Dry)	70.00 kg	2 kg	140.00
Fish (Bream, Dry)	80.00 kg	1 kg	80.00
Beef	39.25 kg	4 kg	157.00
Vegetables	7.20 kg	4 kg	28.80
Tomatoes	9.20 kg	4 kg	36.79
Onion	11.00 kg	2 kg	22.00
Cooking oil (2.5lts)	48.80 Litres	3 Litres	58.56
Bread	9.25 Loaf/day	1 Loaf/day	277.50
Sugar	26.20 2kg	3 2kg	78.59
Milk	8.10 500ml	4 500ml	32.39
Tea	54.00 kg	1 kg	54.00
Eggs	12.80 unit (10 eggs)	2 unit (10 eggs)	25.60
Salt	7.00 kg	1 kg	7.00
SubTotal			ZMW 1,259.82

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	81.00 90kg bag(s)	2 90kg bag(s)	162.00
Soap (Lifebuoy/Champion)	8.60 Tablet(s)	3 Tablet(s)	25.79
Wash soap (BOOM)	9.72 400g	4 400g	38.87
Jelly (Vaseline)	43.60 500ml	1 500ml	43.60
Electricity (medium density)	180.00 95	1 95	180.00
Water & Sanitation (med - fixed)	225.00 95	1 95	225.00
Housing (3 bedroom)	1,125.00 95	1 95	1,125.00

Subtotal **ZMW 1,800.26**

Total for Basic Needs and Nutrition Basket **ZMW 3,060.08**

(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)	130.00	Tazara-Town	16.00
Grades 8-9 (User + PTA/year)	135.00		
Grades 10-12 (User + PTA/year)	450.00		
School Uniform (Grades 1-7)	225.00		
School Uniform (Grades 8-9)	275.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Malaria test	50.00	Petrol (per litre)	15.20
Consultation Fee	50.00	Diesel (per litre)	13.50
		Paraffin (per litre)	11.34

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

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