

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	105.80 25kg	2 25kg	211.60
Beans	15.50 kg	3 kg	46.50
Kapenta (Dry)	367.50 kg	2 kg	735.00
Fish (Bream, Dry)	227.50 kg	1 kg	227.50
Beef	37.47 kg	4 kg	149.87
Vegetables	5.13 kg	4 kg	20.50
Tomatoes	7.60 kg	4 kg	30.39
Onion	15.20 kg	2 kg	30.40
Cooking oil (2.5lts)	47.69 Litres	3 Litres	57.23
Bread	9.30 Loaf/day	1 Loaf/day	279.00
Sugar	27.30 2kg	3 2kg	81.89
Milk	9.00 500ml	4 500ml	35.99
Tea	22.80 kg	1 kg	22.80
Eggs	14.00 unit (10 eggs)	2 unit (10 eggs)	28.00
Salt	10.60 kg	1 kg	10.60
<b>SubTotal</b>			<b>ZMW 1,967.26</b>

## (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)	8.80 Tablet(s)	3 Tablet(s)	26.39
Wash soap (BOOM)	9.40 400g	4 400g	37.59
Jelly (Vaseline)	24.30 500ml	1 500ml	24.30
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	254.00 95	1 95	254.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

**Subtotal** **ZMW 1,922.28**

**Total for Basic Needs and Nutrition Basket** **ZMW 3,889.54**

## (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)	200.00	Ndeke-Town	14.00
Grades 8-9 (User + PTA/year)	1,150.00	Chimwemwe-Town	14.00
Grades 10-12 (User + PTA/year)	1,150.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	15.20
		Diesel (per litre)	13.34
		Paraffin (per litre)	11.34

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