

JCTR BASIC NEEDS AND NUTRITION BASKET

Luanshya

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	104.17 25kg	2 25kg	208.33
Beans	21.00 kg	3 kg	63.00
Kapenta (Dry)	185.00 kg	2 kg	370.00
Fish (Bream, Dry)	200.00 kg	1 kg	200.00
Beef	38.67 kg	4 kg	154.66
Vegetables	8.00 kg	4 kg	32.00
Tomatoes	9.67 kg	4 kg	38.66
Onion	18.17 kg	2 kg	36.33
Cooking oil (2.5lts)	50.50 Litres	3 Litres	60.60
Bread	9.42 Loaf/day	1 Loaf/day	282.45
Sugar	26.75 2kg	3 2kg	80.25
Milk	8.08 500ml	4 500ml	32.33
Tea	39.33 kg	1 kg	39.33
Eggs	9.75 unit (10 eggs)	2 unit (10 eggs)	19.50
Salt	9.66 kg	1 kg	9.66
SubTotal			ZMW 1,627.09

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	118.40 90kg bag(s)	2 90kg bag(s)	236.80
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	9.60 400g	4 400g	38.39
Jelly (Vaseline)	25.66 500ml	1 500ml	25.66
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	190.00 95	1 95	190.00
Housing (3 bedroom)	1,500.00 95	1 95	1,500.00

Subtotal

ZMW 2,308.85

Total for Basic Needs and Nutrition Basket

ZMW 3,935.94

(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)	125.00	Mpatamatu-Town	20.00
Grades 8-9 (User + PTA/year)	600.00	Roan - Kalala	10.00
Grades 10-12 (User + PTA/year)	960.00	Roan-Town	10.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	15.20
Self-referral (Emergency Fee)	50.00	Diesel (per litre)	13.34
		Paraffin (per litre)	11.34

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

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