

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

March 2019

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|------------------------|----------------------|------------------|---------------------|
| Mealie Meal (Breakfast | 99.00 25kg | 2 25kg | 198.00 |
| Beans | 20.38 kg | 3 kg | 61.13 |
| Kapenta (Dry) | 143.50 kg | 2 kg | 287.00 |
| Fish (Bream, Dry) | 92.00 kg | 1 kg | 92.00 |
| Beef | 31.75 kg | 4 kg | 127.00 |
| Vegetables | 7.72 kg | 4 kg | 30.88 |
| Tomatoes | 12.02 kg | 4 kg | 48.09 |
| Onion | 15.73 kg | 2 kg | 31.45 |
| Cooking oil (2.5lts) | 52.25 Litres | 3 Litres | 62.70 |
| Bread | 9.88 Loaf/day | 1 Loaf/day | 296.25 |
| Sugar | 28.75 2kg | 3 2kg | 86.25 |
| Milk | 7.75 500ml | 4 500ml | 31.00 |
| Tea | 62.00 kg | 1 kg | 62.00 |
| Eggs | 10.75 unit (10 eggs) | 2 unit (10 eggs) | 21.50 |
| Salt | 6.50 kg | 1 kg | 6.50 |
| SubTotal | | | ZMW 1,441.75 |

(B) COST OF ESSENTIAL NON-FOOD ITEMS

| Commodity | Price(ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------------------|-------------------|------------------|-------------|
| Charcoal | 72.00 90kg bag(s) | 2 90kg bag(s) | 144.00 |
| Soap (Lifebuoy/Champion) | 8.75 Tablet(s) | 3 Tablet(s) | 26.25 |
| Wash soap (BOOM) | 10.00 400g | 4 400g | 40.00 |
| Jelly (Vaseline) | 21.25 500ml | 1 500ml | 21.25 |
| Electricity (medium density) | 300.00 95 | 1 95 | 300.00 |
| Water & Sanitation (med - fixed) | 250.00 95 | 1 95 | 250.00 |
| Housing (3 bedroom) | 1,800.00 95 | 1 95 | 1,800.00 |

Subtotal **ZMW 2,581.50**

Total for Basic Needs and Nutrition Basket **ZMW 4,023.25**

(C) SOME OTHER ADDITIONAL COSTS

Education

| Item | Amount (ZMW) |
|--------------------------------|--------------|
| Grades 1-7 (User + PTA/year) | 270.00 |
| Grades 8-9 (User + PTA/year) | 650.00 |
| Grades 10-12 (User + PTA/year) | 1,000.00 |
| School Uniform (Grades 1-7) | 57.50 |
| School Uniform (Grades 8-12) | 97.50 |

Transport (bus fare round trip)

Health

| item | Amount (ZMW) |
|-------------------------------|--------------|
| Self-referral (Emergency Fee) | 40.00 |
| Malaria test | 50.00 |

Fuel (cost at the pump)

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

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