

JCTR BASIC NEEDS AND NUTRITION BASKET

Chinsali

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	105.00 25kg	2 25kg	210.00
Beans	60.00 kg	3 kg	180.00
Kapenta (Dry)	100.00 kg	2 kg	200.00
Fish (Bream, Dry)	60.00 kg	1 kg	60.00
Beef	40.00 kg	4 kg	160.00
Vegetables	10.00 kg	4 kg	40.00
Tomatoes	15.00 kg	4 kg	60.00
Onion	15.00 kg	2 kg	30.00
Cooking oil (2.5lts)	55.00 Litres	3 Litres	66.00
Bread	10.00 Loaf/day	1 Loaf/day	300.00
Sugar	27.00 2kg	3 2kg	81.00
Milk	7.00 500ml	4 500ml	28.00
Tea	60.00 kg	1 kg	48.75
Eggs	15.00 unit (10 eggs)	2 unit (10 eggs)	30.00
Salt	12.00 kg	1 kg	12.00
SubTotal			ZMW 1,505.75

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	8.00 Tablet(s)	3 Tablet(s)	24.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Jelly (Vaseline)	20.00 500ml	1 500ml	20.00
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	154.00 95	1 95	154.00
Housing (3 bedroom)	1,762.50 95	1 95	1,762.50

Subtotal **ZMW 2,548.50**

Total for Basic Needs and Nutrition Basket **ZMW 4,054.25**

(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)	50.00	Turn off-Town	80.00
Grades 8-9 (User + PTA/year)	420.00	60213	50.00
Grades 10-12 (User + PTA/year)	350.00		
School Uniform (Grades 1-7)	150.00		
School Uniform (Grades 8-9)	250.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	15.20
Malaria test	20.00	Diesel (per litre)	13.43
		Paraffin (per litre)	11.34

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

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