

JCTR BASIC NEEDS AND NUTRITION BASKET

Livingstone

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	89.78 25kg	2 25kg	179.57
Beans	25.82 kg	3 kg	77.45
Kapenta (Dry)	121.17 kg	2 kg	242.33
Fish (Bream, Dry)	73.95 kg	1 kg	73.95
Beef	34.83 kg	4 kg	139.33
Vegetables	5.75 kg	4 kg	23.00
Tomatoes	7.21 kg	4 kg	28.85
Onion	10.71 kg	2 kg	21.43
Cooking oil (2.5lts)	38.57 Litres	3 Litres	46.28
Bread	9.71 Loaf/day	1 Loaf/day	291.39
Sugar	25.99 2kg	3 2kg	77.97
Milk	8.64 500ml	4 500ml	34.57
Tea	108.80 kg	1 kg	108.80
Eggs	10.81 unit (10 eggs)	2 unit (10 eggs)	21.62
Salt	12.99 kg	1 kg	12.99
SubTotal			ZMW 1,379.51

(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)	10.07 Tablet(s)	3 Tablet(s)	30.21
Wash soap (BOOM)	10.43 90kg bag(s)	4 90kg bag(s)	41.71
Electricity (medium density)	250.00 95	1 95	250.00
Water & Sanitation (med - fixed)	250.00 95	1 95	250.00
Housing (3 bedroom)	1,700.00 95	1 95	1,700.00

Subtotal **ZMW 2,433.92**

Total for Basic Needs and Nutrition Basket **ZMW 3,813.43**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	900.00	Dambwa-Town	16.00
Grades 8-9 (User + PTA/year)	2,400.00	Maramba-Town	14.00
Grades 10-12 (User + PTA/year)	2,400.00		
School Uniform (Grades 8-9)	175.00		
School Uniform (Grades 8-12)	225.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	100.00	Petrol (per litre)	15.20
		Diesel (per litre)	13.43
		Paraffin (per litre)	10.95

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

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