

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Mazabuka**

**March 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.67 25 kg bag	2 x 25Kg	283.33
Rice	108.89 5kg	4kg	87.11
(Sweet) Potatoes	8.02 1 Kg	4 Kg	32.10
Beans	48.97 1kg	3kg	146.92
Pounded Groundnut	35.95 1kg	1kg	35.95
Soya Pieces	35.01 1 kg	2kg	70.02
Beef	30.67 1kg	2kg	61.33
Chicken	60.33 2kg	5kg	150.83
Kapenta	260.53 1kg	1kg	260.53
Eggs	10.22 1 unit (10 eggs)	3 Trays (90 eggs)	92.00
Milk (Fresh)	8.17 500 ml	10 liters	163.33
Vegetables	660.19 40 Kg	40kg	660.19
Onion	32.68 1 Kg	4 Kg	130.73
Tomatoes	8.85 1 kg	6 kg	53.13
Banana	18.92 1 Kg	16 Kg	302.65
Other Fruits	30.21 1 kg	14 Kg	422.87
Cooking oil (2.5lts)	66.00 2.5lt	3.6lt	95.04
Salt	14.34 1 Kg	1 Kg	14.34
Tea	30.00 250g	250g	30.00
<b>SubTotal</b>			<b>ZMW 3,092.42</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.00 90kg bag(s)	2 90kg bag(s)	174.00
Soap (Lifebuoy/Champion)	8.67 Tablet(s)	3 Tablet(s)	26.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	23.33 500ml	1 500ml	23.33
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	137.50 Month(s)	1 Month(s)	137.50
Housing (3 bedroom)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	2.83 Tissue(s)	6 Tissue(s)	17.00
Lotion (Dawn)	23.33 400ml	1 400ml	23.33
<b>Subtotal</b>			<b>ZMW 2,448.68</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,541.09**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	200.00	Town to Kabobola	70.00
Grades 8-9 (User + PTA/year)	700.00	Town to Nakambala	35.00
Grades 10-12 (User + PTA/year)	3,000.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	50.00	Diesel (per litre)	15.59
Malaria test	20.00		
Consultation Fee	10.00		

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