

JCTR BASIC NEEDS AND NUTRITION BASKET

Mongu

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	114.43 25kg	2 25kg	228.86
Beans	22.04 kg	3 kg	66.11
Kapenta (Dry)	214.33 kg	2 kg	428.67
Fish (Bream, Dry)	129.33 kg	1 kg	129.33
Beef	36.00 kg	4 kg	143.99
Vegetables	8.88 kg	4 kg	35.50
Tomatoes	5.93 kg	4 kg	23.71
Onion	14.22 kg	2 kg	28.44
Cooking oil (2.5lts)	51.17 Litres	3 Litres	61.40
Bread	8.83 Loaf/day	1 Loaf/day	264.95
Sugar	27.67 2kg	3 2kg	83.00
Milk	8.08 500ml	4 500ml	32.33
Tea	63.00 kg	1 kg	63.00
Eggs	12.92 unit (10 eggs)	2 unit (10 eggs)	25.83
Salt	6.83 kg	1 kg	6.83
SubTotal			ZMW 1,621.95

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	159.33 90kg bag(s)	2 90kg bag(s)	318.67
Soap (Lifebuoy/Champion)	8.00 Tablet(s)	3 Tablet(s)	24.00
Wash soap (BOOM)	9.77 400g	4 400g	39.06
Jelly (Vaseline)	22.24 500ml	1 500ml	22.24
Electricity (medium density)	18.20 95	1 95	18.20
Water & Sanitation (med - fixed)	210.00 95	1 95	210.00
Housing (3 bedroom)	1,000.00 95	1 95	1,000.00

Subtotal

ZMW 1,632.16

Total for Basic Needs and Nutrition Basket

ZMW 3,254.11

(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)	150.00	Shoprite-Town	10.00
Grades 8-9 (User + PTA/year)	1,686.00	100404	20.00
Grades 10-12 (User + PTA/year)	1,686.00	100405	16.00
<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)	16.06
Self-referral (Emergency Fee)	20.00	Diesel (per litre)	14.65
		Paraffin (per litre)	11.34

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

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