

JCTR BASIC NEEDS AND NUTRITION BASKET

Ndola

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	97.97 25kg	2 25kg	195.94
Beans	26.91 kg	3 kg	80.74
Kapenta (Dry)	220.00 kg	2 kg	440.00
Fish (Bream, Dry)	240.00 kg	1 kg	240.00
Beef	38.63 kg	4 kg	154.51
Vegetables	18.80 kg	4 kg	75.20
Tomatoes	11.23 kg	4 kg	44.90
Onion	13.28 kg	2 kg	26.56
Cooking oil (2.5lts)	53.07 Litres	3 Litres	63.68
Bread	10.36 Loaf/day	1 Loaf/day	310.71
Sugar	27.92 2kg	3 2kg	83.76
Milk	8.58 500ml	4 500ml	34.33
Tea	198.63 kg	1 kg	198.63
Eggs	12.57 unit (10 eggs)	2 unit (10 eggs)	25.14
Salt	14.21 kg	1 kg	14.21
SubTotal			ZMW 1,988.33

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	263.00 90kg bag(s)	2 90kg bag(s)	526.00
Soap (Lifebuoy/Champion)	18.21 Tablet(s)	3 Tablet(s)	54.63
Wash soap (BOOM)	10.07 400g	4 400g	40.27
Jelly (Vaseline)	33.86 500ml	1 500ml	33.86
Electricity (medium density)	314.00 95	1 95	314.00
Water & Sanitation (med - fixed)	161.00 95	1 95	161.00
Housing (3 bedroom)	1,900.00 95	1 95	1,900.00

Subtotal **ZMW 3,029.76**

Total for Basic Needs and Nutrition Basket **ZMW 5,018.09**

(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	Mushili-Town	12.00
Grades 8-9 (User + PTA/year)	1,000.00	Ndeke-Town	12.00
Grades 10-12 (User + PTA/year)	1,000.00	Chifubu-Town	12.00
School Uniform (Grades 1-7)	850.00	Masala-Town	10.00
School Uniform (Grades 8-12)	1,100.00	Twapia-Town	14.00
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	15.20
Malaria test	100.00	Diesel (per litre)	13.43
Consultation Fee	1.00	Paraffin (per litre)	10.95
CD4 Count	300.00		

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