

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

March 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Breakfast	119.33 25kg	2 25kg	238.67
Beans	23.33 kg	3 kg	70.00
Kapenta (Dry)	194.67 kg	2 kg	389.33
Fish (Bream, Dry)	224.20 kg	1 kg	224.20
Beef	40.17 kg	4 kg	160.67
Vegetables	5.58 kg	4 kg	22.33
Tomatoes	6.25 kg	4 kg	25.00
Onion	16.43 kg	2 kg	32.85
Cooking oil (2.5lts)	49.50 Litres	3 Litres	59.40
Bread	9.70 Loaf/day	1 Loaf/day	291.00
Sugar	27.17 2kg	3 2kg	81.50
Milk	8.67 500ml	4 500ml	34.66
Tea	87.83 kg	1 kg	87.83
Eggs	14.97 unit (10 eggs)	2 unit (10 eggs)	29.93
Salt	11.67 kg	1 kg	11.67
<b>SubTotal</b>			<b>ZMW 1,759.03</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	190.80 90kg bag(s)	2 90kg bag(s)	381.60
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.50
Wash soap (BOOM)	17.42 400g	4 400g	69.66
Jelly (Vaseline)	29.83 500ml	1 500ml	29.83
Electricity (medium density)	292.00 95	1 95	292.00
Water & Sanitation (med - fixed)	292.00 95	1 95	292.00
Housing (3 bedroom)	2,200.00 95	1 95	2,200.00

**Subtotal** **ZMW 3,291.59**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,050.62**

## (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)	150.00	Mitec-Town	10.00
Grades 8-9 (User + PTA/year)	4,440.00	80704	10.00
Grades 10-12 (User + PTA/year)	2,250.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	15.20
Malaria test	50.00	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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