

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	146.67 25 kg bag	2 x 25Kg	293.33
Rice	73.33 5kg	4kg	58.67
Cassava Flour	10.62 1kg	6kg	63.73
(Sweet) Potatoes	12.49 1 Kg	4 Kg	49.95
Beans	22.06 1kg	3kg	66.17
Pounded Groundnut	35.81 1kg	1kg	35.81
Soya Pieces	36.89 1 kg	2kg	73.78
Beef	73.00 1kg	2kg	146.00
Chicken	106.55 2kg	5kg	266.38
Kapenta	150.24 1kg	1kg	150.24
Eggs	19.67 1 unit (10 eggs)	3 Trays (90 eggs)	177.00
Milk (Fresh)	14.33 500 ml	10 liters	286.67
Vegetables	419.64 40 Kg	40kg	419.64
Onion	19.56 1 Kg	4 Kg	78.22
Tomatoes	15.12 1 kg	6 kg	90.70
Banana	12.62 1 Kg	16 Kg	201.89
Other Fruits	18.00 1 kg	14 Kg	252.00
Cooking oil (2.5lts)	125.92 2.5lt	3.6lt	181.33
Salt	10.33 1 Kg	1 Kg	10.33
Tea	17.50 250g	250g	17.50
Sub Total			ZMW 2,919.34

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	135.50 90kg bag(s)	2 90kg bag(s)	271.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	18.00 400g	4 400g	72.00
Electricity (medium density)	168.84 Month(s)	1 Month(s)	168.84
Water & Sanitation (med - fixed)	133.60 Month(s)	1 Month(s)	133.60
Housing (3 bedroom)	886.00 Month(s)	1 Month(s)	886.00
Jelly (Vaseline)	36.50 500ml	1 500ml	36.50
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	36.50 400ml	1 400ml	36.50
Subtotal			ZMW 1,748.44
Total for Basic Needs and Nutrition Basket			ZMW 4,667.78

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
		Tazara-Town	18.00
		Location-Town	20.00
School Uniform (Grades 8-12)	410.00		

Health

Fuel (cost at the pump May, 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.95

Paraffin (per litre) Diesel (per litre)
18.76 25.64

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27th June , 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Tazara Market, Chimumanino market, Newtown market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Kasama. The June Basic Needs and Nutrition Basket is approximately US\$263.12 based on the exchange rate of K17.74. Other costs Would include personal care, clothing, recreation, etc.

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