

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	89.00 5kg	4kg	71.20
Cassava Flour	14.80 1kg	6kg	88.80
(Sweet) Potatoes	15.60 1 Kg	4 Kg	62.40
Beans	26.18 1kg	3kg	78.54
Pounded Groundnut	38.00 1kg	1kg	38.00
Soya Pieces	40.34 1 kg	2kg	80.68
Beef	70.00 1kg	2kg	140.00
Chicken	115.50 2kg	5kg	288.75
Kapenta	147.90 1kg	1kg	147.90
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	433.33 40 Kg	40kg	433.33
Onion	17.50 1 Kg	4 Kg	70.00
Tomatoes	15.00 1 kg	6 kg	90.00
Banana	16.78 1 Kg	16 Kg	268.48
Other Fruits	19.80 1 kg	14 Kg	277.20
Cooking oil (2.5lts)	122.00 2.5lt	3.6lt	175.68
Salt	10.99 1 Kg	1 Kg	10.99
Tea	19.76 250g	250g	19.76
Sub Total			ZMW 3,095.71

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	145.00 90kg bag(s)	2 90kg bag(s)	290.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	35.60 400ml	1 400ml	35.60
Subtotal			ZMW 1,772.04
Total for Basic Needs and Nutrition Basket			ZMW 4,867.75

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Tazara-Town	19.50
		Location-Town	21.50
School Uniform (Grades 8-12)	410.00		
Health		Fuel (cost at the pump July, 2022)	
		Item	Amount (ZMW)

Petrol (per litre)	26.75
Diesel (per litre)	28.01
Paraffin (per litre)	21.27

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 25th July, 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 July Basic Needs and Nutrition Basket is approximately US\$292.53 based on the exchange rate of K16.64. Other costs would include personal care, clothing, recreation, etc.

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