

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	113.00 25 kg bag	2 x 25Kg	226.00
Rice	184.25 5kg	4kg	147.40
Cassava Flour	10.38 1kg	6kg	62.29
Irish Potatoes	17.61 1 Kg	4 Kg	70.43
Beans	22.22 1kg	3kg	66.65
Pounded Groundnut	14.93 1kg	1kg	14.93
Soya Pieces	15.87 1 kg	2kg	31.73
Beef	71.00 1kg	2kg	142.00
Chicken	92.00 2kg	5kg	230.00
Kapenta	165.00 1kg	1kg	165.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	420.59 40 Kg	40kg	420.59
Onion	16.88 1 Kg	4 Kg	67.50
Tomatoes	12.07 1 kg	6 kg	72.43
Banana	11.42 1 Kg	16 Kg	182.73
Other Fruits	11.16 1 kg	14 Kg	156.24
Cooking oil (2.5lts)	131.00 2.5lt	3.6lt	188.64
Salt	10.00 1 Kg	1 Kg	10.00
Tea	26.40 250g	250g	26.40
<b>SubTotal</b>			<b>ZMW 2,760.96</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	126.00 90kg bag(s)	2 90kg bag(s)	193.50
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	16.80 400g	4 400g	40.80
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)	35.80 500ml	1 500ml	35.80
Sanitary towels	30.80 Pack of 10	2 Pack of 10	61.60
Toilet Paper (2ply)	6.80 Tissue(s)	6 Tissue(s)	40.80
Lotion (Dawn)	37.20 400ml	1 400ml	37.20
<b>Subtotal</b>			<b>ZMW 1,643.14</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,404.10</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>	<b>Transport (bus fare round)</b>	
	Tazara-Town	16.00
	Location-Town	16.00
School Uniform (Grades 8-12)	410.00	
<b>Health</b>	<b>Fuel (cost at the pump Oct., 2022)</b>	
	<b>Item</b>	<b>Amount (ZMW)</b>
	Petrol (per litre)	24.31

Diesel (per litre)  
Paraffin (per litre)

27.38  
19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25<sup>th</sup> November, 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 Chambeshi, Chikumanino, New Town, Shoprite and Tazara markets as well as Schools, clinics/hospitals, and filling stations around Kasama. The October Basic Needs and Nutrition Basket is approximately US\$ 255.77 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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