

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	149.40 25 kg bag	2 x 25Kg	298.80
Rice	119.72 5kg	4kg	95.78
Cassava Flour	12.15 1kg	6kg	72.91
(Irish) Potatoes	13.00 1 Kg	4 Kg	52.00
Beans	21.94 1kg	3kg	65.81
Pounded Groundnut	24.11 1kg	1kg	24.11
Soya Pieces	38.36 1 kg	2kg	76.71
Beef	70.40 1kg	2kg	140.80
Chicken	116.80 2kg	5kg	292.00
Kapenta	156.25 1kg	1kg	156.25
Eggs	20.20 1 unit (10 eggs)	3 Trays (90 eggs)	181.80
Milk (Fresh)	15.20 500 ml	10 liters	304.00
Vegetables	361.88 40 Kg	40kg	361.88
Onion	18.87 1 Kg	4 Kg	75.47
Tomatoes	16.43 1 kg	6 kg	98.57
Banana	12.71 1 Kg	16 Kg	203.33
Other Fruits	18.53 1 kg	14 Kg	259.41
Cooking oil (2.5lts)	116.00 2.5lt	3.6lt	167.04
Salt	11.00 1 Kg	1 Kg	11.00
Tea	21.00 250g	250g	21.00
<b>Subtotal</b>			<b>ZMW 2,958.67</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	147.50 90kg bag(s)	2 90kg bag(s)	295.00
Soap (Lifebuoy/Champion)	18.00 Tablet(s)	3 Tablet(s)	54.00
Wash soap (BOOM)	16.60 400g	4 400g	116.80
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
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
Sanitary towels	19.20 Pack of 10	2 Pack of 10	38.40
Toilet Paper (2ply)	4.80 Tissue(s)	6 Tissue(s)	28.79
Lotion (Dawn)	36.40 400ml	1 400ml	36.40
<b>Subtotal</b>			<b>ZMW 1,797.83</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,756.50</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Tazara-Town	18.00
		Location-Town	20.00
School Uniform (Grades 8-12)	410.00		

<i>Health</i>	<i>Fuel (cost at the pump)</i>
Item	Amount (ZMW)

	Petrol (per litre)	21.96
	Diesel (per litre)	21.54
Paraffin (per litre)	15.39	

**(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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 25 January, 2020 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 January Basic Needs and Nutrition Basket is approximately US\$267.21 based on the exchange rate of K17.80. Other costs would include personal care, clothing, recreation, etc.

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