

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	147.50 25 kg bag	2 x 25Kg	295.00
Rice	108.00 5kg	4kg	86.40
Cassava Flour	10.43 1kg	6kg	62.59
Potatoes (Irish)	12.23 1 Kg	4 Kg	48.92
Beans	30.03 1kg	3kg	90.00
Pounded Groundnut	35.71 1kg	1kg	35.71
Soya Pieces	34.90 1 kg	2kg	69.79
Beef	72.50 1kg	2kg	145.00
Chicken	105.00 2kg	5kg	262.50
Kapenta	170.68 1kg	1kg	170.68
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	183.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	417.60 40 Kg	40kg	417.60
Onion	20.33 1 Kg	4 Kg	81.33
Tomatoes	15.17 1 kg	6 kg	91.05
Banana	12.20 1 Kg	16 Kg	195.24
Other Fruits	22.00 1 kg	14 Kg	308.00
Cooking oil (2.5lts)	126.00 2.5lt	3.6lt	181.44
Salt	10.00 1 Kg	1 Kg	10.00
Tea	15.00 250g	250g	15.00
Sub Total			ZMW 3,029.27

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	135.00 90kg bag(s)	2 90kg bag(s)	270.00
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)	35.00 500ml	1 500ml	35.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 1740.44
Total for Basic Needs and Nutrition Basket			ZMW 4,769.71

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	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)	24.15

Diesel (per litre)

25.64

Paraffin (per litre)

18.76

(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26th May, 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 April Basic Needs and Nutrition Basket is approximately US\$277.79 based on the exchange rate of K17.17. Other costs Would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka