

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	150.00 25 kg bag	2 x 25Kg	300.00
Rice	100.00 5kg	4kg	80.00
Cassava Flour	16.50 1kg	6kg	99.00
(Irish) Potatoes	16.22 1 Kg	4 Kg	64.88
Beans	32.77 1kg	3kg	98.31
Pounded Groundnut	43.00 1kg	1kg	43.00
Soya Pieces	45.00 1 kg	2kg	90.00
Beef	72.33 1kg	2kg	144.66
Chicken	120.00 2kg	5kg	300.00
Kapenta	160.00 1kg	1kg	160.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	14.50 500 ml	10 liters	290.00
Vegetables	422.50 40 Kg	40kg	422.50
Onion	15.99 1 Kg	4 Kg	63.96
Tomatoes	13.20 1 kg	6 kg	79.20
Banana	16.23 1 Kg	16 Kg	259.68
Other Fruits	20.77 1 kg	14 Kg	290.78
Cooking oil (2.5lts)	125.44 2.5lt	3.6lt	180.63
Salt	12.00 1 Kg	1 Kg	12.00
Tea	22.11 250g	250g	22.11
<b>Sub Total</b>			<b>ZMW 3,180.71</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	140.67 90kg bag(s)	2 90kg bag(s)	281.34
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	21.00 400g	4 400g	84.00
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)	42.00 500ml	1 500ml	42.00
Sanitary towels	32.44 Pack of 10	2 Pack of 10	64.88
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	40.00 400ml	1 400ml	40.00
<b>Subtotal</b>			<b>ZMW 1,775.66</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,956.37</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
		Tazara-Town	18.50
		Location-Town	19.50
School Uniform (Grades 8-12)	410.00		

### **Health**

### **Fuel (cost at the pump August, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	23.19

Diesel (per litre)

24.87

Paraffin (per litre)

18.43

**(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25<sup>th</sup> August, 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 August Basic Needs and Nutrition Basket is approximately US\$ 331.72 based on the exchange rate of K15.90. 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](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**