

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.00 25 kg bag	2 x 25Kg	284.00
Rice	122.24 5kg	4kg	97.79
Cassava Flour	11.41 1kg	6kg	68.47
(Irish) Potatoes	16.20 1 Kg	4 Kg	64.79
Beans	26.01 1kg	3kg	78.02
Pounded Groundnut	30.98 1kg	1kg	30.98
Soya Pieces	43.61 1 kg	2kg	87.22
Beef	78.20 1kg	2kg	156.40
Chicken	104.00 2kg	5kg	260.00
Kapenta	154.48 1kg	1kg	154.48
Eggs	22.20 1 unit (10 eggs)	3 Trays (90 eggs)	199.80
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	439.58 40 Kg	40kg	439.58
Onion	17.27 1 Kg	4 Kg	69.10
Tomatoes	12.71 1 kg	6 kg	76.28
Banana	12.20 1 Kg	16 Kg	195.26
Other Fruits	18.29 1 kg	14 Kg	256.07
Cooking oil (2.5lts)	137.00 2.5lt	3.6lt	197.28
Salt	10.00 1 Kg	1 Kg	10.00
Tea	15.18 250g	250g	15.18
Sub Total			ZMW 3,040.71

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	130.00 90kg bag(s)	2 90kg bag(s)	260.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	17.00 400g	4 400g	68.00
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)	38.20 500ml	1 500ml	38.20
Sanitary towels	27.00 Pack of 10	2 Pack of 10	54.00
Toilet Paper (2ply)	6.75 Tissue(s)	6 Tissue(s)	40.50
Lotion (Dawn)	37.75 400ml	1 400ml	37.75
Subtotal			ZMW 1,731.89
Total for Basic Needs and Nutrition Basket			ZMW 4,772.60

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
		Tazara-Town	16.00
		Location-Town	16.00
School Uniform (Grades 8-12)	410.00		

Health

Fuel (cost at the pump Oct., 2022)

Item	Amount (ZMW)
Petrol (per litre)	22.74

Diesel (per litre)

26.16

Paraffin (per litre)

16.06

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25th October, 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 October Basic Needs and Nutrition Basket is approximately US\$ 285.61 based on the exchange rate of K16.71. Other costs would include personal care, clothing, recreation, etc.

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