

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	127.40 25 kg bag	2 x 25Kg	254.80
Rice	96.78 5kg	4kg	77.42
Cassava Flour	6.12 1kg	6kg	36.71
(Sweet) Potatoes	7.70 1 Kg	4 Kg	30.78
Beans	11.47 1kg	3kg	34.40
Pounded Groundnut	24.93 1kg	1kg	24.93
Soya Pieces	16.84 1 kg	2kg	33.68
Beef	44.00 1kg	2kg	88.00
Chicken	50.40 2kg	5kg	126.00
Kapenta	63.32 1kg	1kg	63.32
Eggs	11.60 1 unit (10 eggs)	3 Trays (90 eggs)	104.40
Milk (Fresh)	7.40 500 ml	10 liters	148.00
Vegetables	306.36 40 Kg	40kg	306.36
Onion	11.71 1 Kg	4 Kg	46.85
Tomatoes	6.52 1 kg	6 kg	39.13
Banana	12.14 1 Kg	16 Kg	194.29
Other Fruits	16.43 1 kg	14 Kg	230.00
Cooking oil (2.5lts)	48.50 2.5lt	3.6lt	69.84
Salt	7.00 1 Kg	1 Kg	7.00
Subtotal			ZMW 1,915.91

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	72.50 90kg bag(s)	2 90kg bag(s)	145.00
Soap (Lifebuoy/Champion)	7.20 Tablet(s)	3 Tablet(s)	21.60
Wash soap (BOOM)	10.40 400g	4 400g	41.60
Jelly (Vaseline)	37.20 500ml	1 500ml	37.20
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	225.00 Month(s)	1 Month(s)	225.00
Housing (3 bedroom)	1,125.00 Month(s)	1 Month(s)	1,125.00
Sanitary towels	10.00 Pack of 10	2 Pack of 10	20.00
Toilet Paper (2ply)	20.20 Tissue(s)	6 Tissue(s)	121.20
Lotion (Dawn)	21.25 250ml	1 250ml	21.25
Subtotal			ZMW 2,049.85

Total for Basic Needs Basket **ZMW 3,965.76**

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	15.98
Malaria test	20.00	Diesel (per litre)	14.23
		Paraffin (per litre)	13.02

(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
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples and Oranges.

This survey was conducted on 27th November 2019 by the Social & 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, chambeshi, chikumanino, Newtown and shoprite around Kasama. The November Basic Needs Basket is approximately US\$271 based upon the exchange rate of K14.65 prevailing on the days of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.

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