

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	137.50 25 kg bag	2 x 25Kg	275.00
Rice	135.52 5kg	4kg	108.41
Cassava Flour	10.62 1kg	6kg	63.73
(Irish) Potatoes	13.00 1 Kg	4 Kg	52.00
Beans	28.78 1kg	3kg	86.34
Pounded Groundnut	42.22 1kg	1kg	42.22
Soya Pieces	43.92 1 kg	2kg	87.83
Beef	70.00 1kg	2kg	140.00
Chicken	100.00 2kg	5kg	250.00
Kapenta	159.42 1kg	1kg	159.42
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	452.99 40 Kg	40kg	452.99
Onion	14.36 1 Kg	4 Kg	57.44
Tomatoes	10.89 1 kg	6 kg	65.34
Banana	12.83 1 Kg	16 Kg	205.20
Other Fruits	17.83 1 kg	14 Kg	249.68
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	10.00 1 Kg	1 Kg	10.00
Tea	30.00 250g	250g	30.00
<b>Sub Total</b>			<b>ZMW 3,002.80</b>

## (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)	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)	30.00 500ml	1 500ml	30.00
Sanitary towels	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00

**Subtotal** **ZMW 1,702.44**

**Total for Basic Needs and Nutrition Basket** **ZMW 4,705.24**

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

**Item** **Amount (ZMW)**

School Uniform (Grades 8-12) 410.00

### **Transport (bus fare round trip)**

**Item** **Amount (ZMW)**

Tazara-Town 16.00

Location-Town 16.00

### **Health**

### **Fuel (cost at the pump Sept., 2022)**

**Item** **Amount (ZMW)**

Petrol (per litre) 21.54

Diesel (per litre)

23.12

Paraffin (per litre)

16.71

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25<sup>th</sup> September, 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 September Basic Needs and Nutrition Basket is approximately US\$ 299.50 based on the exchange rate of K15.71. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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2022-09-30

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