

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	149.00 25 kg bag	2 x 25Kg	298.00
Rice	182.98 5kg	4kg	146.38
Cassava Flour	9.32 1kg	6kg	55.91
Irish Potatoes	16.87 1 Kg	4 Kg	67.48
Beans	22.41 1kg	3kg	67.24
Pounded Groundnut	16.78 1kg	1kg	16.78
Soya Pieces	25.53 1 kg	2kg	51.05
Beef	73.60 1kg	2kg	147.20
Chicken	104.00 2kg	5kg	260.00
Kapenta	85.90 1kg	1kg	85.90
Eggs	22.33 1 unit (10 eggs)	3 Trays (90 eggs)	201.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	301.50 40 Kg	40kg	301.50
Onion	16.61 1 Kg	4 Kg	66.42
Tomatoes	17.16 1 kg	6 kg	102.94
Banana	11.05 1 Kg	16 Kg	176.81
Other Fruits	4.71 1 kg	14 Kg	65.89
Cooking oil (2.5lts)	125.00 2.5lt	3.6lt	180.00
Salt	10.00 1 Kg	1 Kg	10.00
Tea	20.81 250g	250g	20.81
SubTotal			ZMW 2,621.30

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	132.00 90kg bag(s)	1 90kg bag(s)	219.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	17.40 400g	4 400g	69.60
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)	34.80 500ml	1 500ml	34.80
Sanitary towels	31.20 Pack of 10	2 Pack of 10	62.40
Toilet Paper (2ply)	6.80 Tissue(s)	6 Tissue(s)	40.80
Lotion (Dawn)	33.60 400ml	1 400ml	33.60
Subtotal			ZMW 1,693.64

Total for Basic Needs and Nutrition Basket

ZMW 4,314.94

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
		Tazara-Town	16.00
		Location-Town	16.00
School Uniform (Grades 8-12)	410.00		
Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
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5,502.3 7	6,298.2 8	7,150.8 4	4,314.9 4	7,218.2 0	6,757.1 4	8,982.82	5,621.22	5,202.2 2	5,896.4 8	5,437.1 1	5,496.6 1	5,960.0 5	7,290.3 1	8,188.0 2
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This survey was conducted on 25th December, 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 Chambeshi, Chikumanino, New Town, Shoprite and Tazara markets as well as Schools, clinics/hospitals, and filling stations around Kasama. The December Basic Needs and Nutrition Basket is approximately US\$ 240.12 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2022-12-31

Kasama December 2022 Basic Needs and Nutrition Basket Report

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