

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

March 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	110.00 5kg	4kg	88.00
Cassava Flour	10.00 1kg	6kg	60.00
(Irish) Potatoes	15.00 1 Kg	4 Kg	60.00
Beans	26.79 1kg	3kg	80.36
Pounded Groundnut	26.79 1kg	1kg	26.79
Soya Pieces	38.75 1 kg	2kg	77.50
Beef	70.00 1kg	2kg	140.00
Chicken	115.00 2kg	5kg	287.50
Kapenta	166.67 1kg	1kg	166.67
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.01 500 ml	10 liters	300.20
Vegetables	391.23 40 Kg	40kg	391.23
Onion	26.67 1 Kg	4 Kg	106.67
Tomatoes	20.83 1 kg	6 kg	125.00
Banana	14.02 1 Kg	16 Kg	224.00
Other Fruits	26.00 1 kg	14 Kg	363.93
Cooking oil (2.5lts)	115.00 2.5lt	3.6lt	165.60
Salt	10.00 1 Kg	1 Kg	10.00
Tea	20.00 250g	250g	20.00
Sub Total			ZMW 3,148.64

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	146.90 90kg bag(s)	2 90kg bag(s)	293.80
Soap (Lifebuoy/Champion)	13.75 Tablet(s)	3 Tablet(s)	26.25
Wash soap (BOOM)	16.00 400g	4 400g	40.00
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
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
Sanitary towels	36.00 Pack of 10	2 Pack of 10	56.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	33.50 400ml	1 400ml	33.50
Subtotal			ZMW 523.55

Total for Basic Needs and Nutrition Basket

ZMW 4,952.87

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Tazara-Town	18.00
		Location-Town	20.00
School Uniform (Grades 8-12)	410.00		

Health

Fuel (cost at the pump March, 2022)

Item Amount (ZMW)

	Petrol (per litre)	21.96
	Diesel (per litre)	21.54
Paraffin (per litre)	15.39	

(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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

This survey was conducted on 25 January, 2020 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 January Basic Needs and Nutrition Basket is approximately US\$ 281.41 based on the exchange rate of K17.60. 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 Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2022-03-31

Kasama March 2022 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/1145>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)