

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	138.00 25 kg bag	2 x 25Kg	276.00
Rice	151.82 5kg	4kg	121.45
Cassava Flour	9.08 1kg	6kg	54.50
(Irish) Potatoes	13.75 1 Kg	4 Kg	55.00
Beans	26.08 1kg	3kg	78.24
Pounded Groundnut	26.57 1kg	1kg	26.57
Soya Pieces	40.08 1 kg	2kg	80.16
Beef	71.00 1kg	2kg	142.00
Chicken	104.20 2kg	5kg	260.50
Kapenta	175.68 1kg	1kg	175.68
Eggs	21.53 1 unit (10 eggs)	3 Trays (90 eggs)	193.80
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	368.77 40 Kg	40kg	368.77
Onion	13.81 1 Kg	4 Kg	55.25
Tomatoes	13.80 1 kg	6 kg	82.80
Banana	12.81 1 Kg	16 Kg	205.03
Other Fruits	10.89 1 kg	14 Kg	152.50
Cooking oil (2.5lts)	108.00 2.5lt	3.6lt	155.52
Salt	14.40 1 Kg	1 Kg	14.40
Tea	24.80 250g	250g	24.80
<b>Sub Total</b>			<b>ZMW 2,822.97</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	127.50 90kg bag(s)	2 90kg bag(s)	255.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	16.00 400g	1 400g	35.75
Jelly (Vaseline)	31.50 500ml	1 500ml	31.50
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	22.75 Pack of 10	2 Pack of 10	45.50
Toilet Paper (2ply)	18.00 Tissue(s)	6 Tissue(s)	108.00
Lotion (Dawn)	33.00 400ml	1 400ml	33.00
<b>Subtotal</b>			<b>ZMW 1,742.19</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,565.16</b>

## (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		

<i>Health</i>	<i>Fuel (cost at the pump)</i>
Item	Amount (ZMW)

Petrol (per litre)	19.84
Diesel (per litre)	18.93
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
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

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\$248.51 based on the exchange rate of K18.37. 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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