

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.11 25 kg bag	2 x 25Kg	270.22
Rice	108.67 5kg	4kg	86.94
Cassava Flour	11.00 1kg	6kg	66.00
(Irish) Potatoes	15.89 1 Kg	4 Kg	63.56
Beans	27.00 1kg	3kg	81.00
Pounded Groundnut	25.11 1kg	1kg	25.11
Soya Pieces	38.00 1 kg	2kg	76.00
Beef	71.34 1kg	2kg	142.68
Chicken	120.00 2kg	5kg	300.00
Kapenta	168.89 1kg	1kg	168.89
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.55 500 ml	10 liters	311.00
Vegetables	400.00 40 Kg	40kg	400.00
Onion	25.45 1 Kg	4 Kg	101.80
Tomatoes	21.98 1 kg	6 kg	131.88
Banana	15.00 1 Kg	16 Kg	240.00
Other Fruits	23.00 1 kg	14 Kg	322.00
Cooking oil (2.5lts)	117.11 2.5lt	3.6lt	168.64
Salt	11.99 1 Kg	1 Kg	11.99
Tea	19.78 250g	250g	19.78
Sub Total			ZMW 3,167.48

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	17.00 400g	4 400g	68.00
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)	38.00 500ml	1 500ml	38.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.11 400ml	1 400ml	35.11
Subtotal			ZMW 1,761.55
Total for Basic Needs and Nutrition Basket			ZMW 4,929.03

(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	18.00
Location-Town	20.00

Health

Fuel (cost at the pump April, 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.50

(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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25th April, 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 April Basic Needs and Nutrition Basket is approximately US\$290.96 based on the exchange rate of K16.94. 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

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Advocacy on Living Conditions

2022-04-30

Kasama April 2022 Basic Needs and Nutrition Basket Report

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