

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

April 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	114.60 25 kg bag	2 x 25Kg	229.20
Rice	158.06 5kg	4kg	126.44
Cassava Flour	6.22 1kg	6kg	37.31
(Sweet) Potatoes	10.00 1 Kg	4 Kg	40.00
Beans	27.72 1kg	3kg	83.15
Pounded Groundnut	43.61 1kg	1kg	43.61
Soya Pieces	40.02 1 kg	2kg	80.04
Beef	63.40 1kg	2kg	126.80
Chicken	74.80 2kg	5kg	187.00
Kapenta	146.48 1kg	1kg	146.48
Eggs	21.58 1 unit (10 eggs)	3 Trays (90 eggs)	194.23
Milk (Fresh)	14.40 500 ml	10 liters	288.00
Vegetables	279.62 40 Kg	40kg	279.62
Onion	34.55 1 Kg	4 Kg	138.21
Tomatoes	10.90 1 kg	6 kg	65.39
Banana	8.06 1 Kg	16 Kg	129.03
Other Fruits	5.05 1 kg	14 Kg	70.71
Cooking oil (2.5lts)	121.00 2.5lt	3.6lt	174.24
Salt	10.40 1 Kg	1 Kg	10.40
Tea	25.40 250g	250g	25.40
<b>SubTotal</b>			<b>ZMW 2,475.27</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	119.25 90kg bag(s)	2 90kg bag(s)	238.50
Soap (Lifebuoy/Champion)	12.20 Tablet(s)	3 Tablet(s)	36.60
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Jelly (Vaseline)	47.00 500ml	1 500ml	47.00
Electricity (medium density)	140.00 Month(s)	1 Month(s)	140.00
Water & Sanitation (med - fixed)	112.00 Month(s)	1 Month(s)	112.00
Housing (3 bedroom)	760.00 Month(s)	1 Month(s)	760.00
Sanitary towels	18.80 Pack of 10	2 Pack of 10	37.60
Toilet Paper (2ply)	6.17 Tissue(s)	6 Tissue(s)	37.00
Lotion (Dawn)	29.20 400ml	1 400ml	29.20
<b>Subtotal</b>			<b>ZMW 1,497.90</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 3,973.17**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	120.00	Tazara-Town	10.00
Grades 8-9 (User + PTA/year)	510.00	Location-Town	10.00
Grades 10-12 (User + PTA/year)	400.00		
School Uniform (Grades 8-12)	680.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

### Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27<sup>th</sup> April, 2021 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, Chambeshi, Chikumanino, Newtown and shoprite around Kasama. The April Basic Needs Basket is approximately US\$178 based upon the exchange rate Of K22.29. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

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

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# Kasama April 2021 Basic Needs and Nutrition Basket Report

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