

# JCTR BASIC NEEDS BASKET

Kasama

September 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	103.20 25 kg bag	2 x 25Kg	206.40
Rice	81.52 5kg	4kg	65.21
Cassava Flour	4.98 1kg	6kg	29.90
(Sweet) Potatoes	8.64 1 Kg	4 Kg	34.55
Beans	15.12 1kg	3kg	45.37
Pounded Groundnut	70.31 1kg	1kg	70.31
Soya Pieces	20.35 1kg	2kg	40.70
Beef	46.40 1kg	2kg	92.80
Chicken	46.60 2kg	5kg	116.50
Kapenta	83.19 1kg	1kg	83.19
Eggs	11.67 1 unit (10 eggs)	3 Trays (90 eggs)	105.00
Milk (Fresh)	7.90 500 ml	10 liters	158.00
Vegetables	308.32 40 Kg	40kg	308.32
Onion	16.82 1 Kg	4 Kg	67.30
Tomatoes	9.02 1 kg	6 kg	54.11
Banana	10.36 1 Kg	16 Kg	165.81
Other Fruits	16.89 1 kg	14 Kg	236.42
Cooking oil (2.5lts)	57.00 2.5lt	3.6lt	82.08
Salt	7.40 1 Kg	1 Kg	7.40
<b>Subtotal</b>			<b>ZMW 1,969.37</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	45.00 90kg bag(s)	2 90kg bag(s)	90.00
Soap (Lifebuoy/Champion)	7.50 Tablet(s)	3 Tablet(s)	22.50
Wash soap (BOOM)	8.20 400g	4 400g	32.80
Jelly (Vaseline)	65.00 500ml	1 500ml	65.00
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	225.00 Month(s)	1 Month(s)	225.00
Housing (3 bedroom)	1,125.00 Month(s)	1 Month(s)	1,125.00
Sanitary towels	11.40 Pack of 10	2 Pack of 10	22.80
Toilet Paper (2ply)	29.80 Tissue(s)	6 Tissue(s)	178.80
Lotion (Dawn)	20.40 250ml	1 250ml	20.40
<b>Subtotal</b>			<b>ZMW 2,074.30</b>

**Total for Basic Needs Basket** **ZMW 4,043.67**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Tazara-Town	16.00
Grades 10-12 (User + PTA/year)	600.00	Location-Town	16.00
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	15.98
Malaria test	10.00	Diesel (per litre)	14.23
		Paraffin (per litre)	13.02

## (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
6,327	4,044	3,929	3,959	6,208	5,570	4,721	5,302	3,927	4,970	4,457	5,871	5,317	4,418	4,621.23	4,565

### 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 and Oranges.

*This survey was conducted on 27<sup>th</sup> September 2019 by the Social & 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 September Basic Needs Basket is approximately US\$311 based upon the exchange rate of K13 prevailing on the days of data collection. Please note that other monthly 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

---

2019-09-30

# Kasama September 2019 Basic Needs and Nutrition Basic report

Jesuit Centre for Theological Reflection

Jesuit Center for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/1266>

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