

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

August 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	85.00 25 kg bag	2 x 25Kg	170.00
Rice	117.00 5kg	4kg	93.60
Cassava Flour	6.83 1kg	6kg	40.97
(Sweet) Potatoes	14.91 1 Kg	4 Kg	59.63
Beans	18.09 1kg	3kg	54.28
Pounded Groundnut	30.97 1kg	1kg	30.97
Soya Pieces	36.41 1 kg	2kg	72.82
Beef	44.80 1kg	2kg	89.60
Chicken	58.00 2kg	5kg	145.00
Kapenta	120.98 1kg	1kg	120.98
Eggs	14.47 1 unit (10 eggs)	3 Trays (90 eggs)	130.20
Milk (Fresh)	9.00 500 ml	10 liters	180.00
Vegetables	289.15 40 Kg	40kg	289.15
Onion	22.12 1 Kg	4 Kg	88.50
Tomatoes	14.45 1 kg	6 kg	86.72
Banana	8.18 1 Kg	16 Kg	130.85
Other Fruits	15.61 1 kg	14 Kg	218.51
Cooking oil (2.5lts)	83.00 2.5lt	3.6lt	119.52
Salt	11.80 1 Kg	1 Kg	11.80
<b>SubTotal</b>			<b>ZMW 2,133.09</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.75 90kg bag(s)	2 90kg bag(s)	175.50
Soap (Lifebuoy/Champion)	10.20 Tablet(s)	3 Tablet(s)	30.60
Wash soap (BOOM)	12.40 400g	4 400g	49.60
Jelly (Vaseline)	35.20 500ml	1 500ml	35.20
Electricity (medium density)	100.00 Month(s)	1 Month(s)	100.00
Water & Sanitation (med - fixed)	70.00 Month(s)	1 Month(s)	70.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	16.20 Pack of 10	2 Pack of 10	32.40
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.60
Lotion (Dawn)	15.75 250ml	1 250ml	15.75
<b>Subtotal</b>			<b>ZMW 1,792.65</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 3,925.74</b>

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	240.00	Tazara-Town	16.00
Grades 8-9 (User + PTA/year)	300.00		
Grades 10-12 (User + PTA/year)	300.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Consultation Fee	60.00	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
7,178.22	3,925.74	4,132.91	3,997.46	5,863.97	6,744.04	5,213.87	6,170.87	4,111.28	5,511.70	6,365.25	6,429.82	5,573.92	4,709.50	4,712.75	5,261.18

### 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 27th August, 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, Chambeshi, Chikumanino, Newtown and shoprite around Kasama. The August Basic Needs Basket is approximately US\$202.596 based upon the exchange rate Of K19.3772. 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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