

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

April 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	148.80 25 kg bag	2 x 25Kg	297.60
Rice	98.93 5kg	4kg	79.14
Cassava Flour	8.56 1kg	6kg	51.37
(Sweet) Potatoes	11.44 1 Kg	4 Kg	45.77
Beans	14.69 1kg	3kg	44.06
Pounded Groundnut	34.89 1kg	1kg	34.89
Soya Pieces	23.74 1 kg	2kg	47.49
Beef	42.00 1kg	2kg	84.00
Chicken	56.00 2kg	5kg	140.00
Kapenta	114.20 1kg	1kg	114.20
Eggs	14.60 1 unit (10 eggs)	3 Trays (90 eggs)	131.40
Milk (Fresh)	8.66 500 ml	10 liters	173.16
Vegetables	300.26 40 Kg	40kg	300.26
Onion	22.81 1 Kg	4 Kg	91.24
Tomatoes	10.04 1 kg	6 kg	60.25
Banana	10.14 1 Kg	16 Kg	162.22
Other Fruits	6.19 1 kg	14 Kg	86.63
Cooking oil (2.5lts)	75.00 2.5lt	3.6lt	108.00
Salt	7.60 1 Kg	1 Kg	7.60
SubTotal			ZMW 2,059.28

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.50 90kg bag(s)	2 90kg bag(s)	175.00
Soap (Lifebuoy/Champion)	9.60 Tablet(s)	3 Tablet(s)	28.80
Wash soap (BOOM)	11.40 400g	4 400g	45.60
Jelly (Vaseline)	44.40 500ml	1 500ml	44.40
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	12.40 Pack of 10	2 Pack of 10	24.80
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	26.40 250ml	1 250ml	26.40
Subtotal			ZMW 1,801.00

Total for Basic Needs and Nutrition Basket

ZMW 3,860.28

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
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		
School Uniform (Grades 1-7)	90.00		
School Uniform (Grades 8-12)	150.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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)	16.38
		Paraffin (per litre)	14.50

(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
7,158.67	3,860.28	4,307.92	4,226.03	5,896.79	7,428.38	5,389.04	4,441.86	3,890.14	5,280.69	5,361.73	6,048.36	5,404.36	5,240.95	6,639.90	5,060.29

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 April, 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 April Basic Needs Basket is approximately US\$207 based upon the exchange rate Of K18.68. Other costs would include personal care, clothing, recreation, etc.

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2020-04-30

Kasama April 2020 Basic Needs and Nutrition Basket Report

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