

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	167.50 25 kg bag	2 x 25Kg	335.00
Rice	180.09 5kg	4kg	144.07
Cassava Flour	10.08 1kg	6kg	60.45
Irish Potatoes	41.08 1 Kg	4 Kg	164.32
Beans	24.13 1kg	3kg	72.39
Pounded Groundnut	15.68 1kg	1kg	15.68
Soya Pieces	24.23 1 kg	2kg	48.47
Beef	83.60 1kg	2kg	167.20
Chicken	105.00 2kg	5kg	262.50
Kapenta	269.61 1kg	1kg	269.61
Eggs	21.33 1 unit (10 eggs)	3 Trays (90 eggs)	192.00
Milk (Fresh)	12.00 500 ml	10 liters	240.06
Vegetables	315.63 40 Kg	40kg	315.63
Onion	13.80 1 Kg	4 Kg	55.21
Tomatoes	9.79 1 kg	6 kg	58.72
Banana	13.30 1 Kg	16 Kg	212.79
Other Fruits	11.43 1 kg	14 Kg	160.02
Cooking oil (2.5lts)	128.00 2.5lt	3.6lt	184.32
Salt	10.00 1 kg	1 Kg	10.00
Tea	26.40 250g	250g	26.40
SubTotal			ZMW 2,994.85

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	164.25 90kg bag(s)	2 90kg bag(s)	328.50
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	16.80 400g	4 400g	67.20
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)	46.40 500ml	1 500ml	46.40
Sanitary towels	44.25 Pack of 10	2 Pack of 10	88.50
Toilet Paper (2ply)	7.40 Tissue(s)	6 Tissue(s)	44.40
Lotion (Dawn)	33.00 400ml	1 400ml	33.00
Subtotal			ZMW 1,841.44
Total for Basic Needs and Nutrition Basket			ZMW 4,836.29

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
		Tazara-Town	16.00
		Location-Town	16.00
School Uniform (Grades 8-12)	410.00		
Item	Amount (ZMW)	Item (Fuel pump price, Jan 2023)	Amount (ZMW)
Registration (book)		Petrol (per litre)	24.49
		Diesel (per litre)	26.44
		Paraffin (per litre)	19.98

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 25th January, 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 Chambeshi, Chikumanino, New Town, Shoprite and Tazara markets as well as Schools, clinics/hospitals, and filling stations around Kasama. The Basic Needs and Nutrition Basket is approximately US\$255.05 based on the exchange rate of K18.95 other costs would include personal care, clothing, recreation, etc.

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2023-01-31

Kasama January 2023 Basic Needs and Nutrition Basket Report

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