

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	169.00 25 kg bag	2 x 25Kg	338.00
Rice	210.69 5kg	4kg	168.55
Cassava Flour	9.75 1kg	6kg	58.51
Irish Potatoes	14.00 1 Kg	4 Kg	56.00
Beans	23.96 1kg	3kg	71.88
Pounded Groundnut	14.95 1kg	1kg	14.95
Soya Pieces	24.21 1 kg	2kg	48.41
Beef	62.60 1kg	2kg	125.21
Chicken	105.00 2kg	5kg	262.50
Kapenta	247.60 1kg	1kg	247.60
Eggs	21.47 1 unit (10 eggs)	3 Trays (90 eggs)	193.20
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	358.71 40 Kg	40kg	358.71
Onion	13.62 1 Kg	4 Kg	54.48
Tomatoes	9.41 1 kg	6 kg	56.46
Banana	12.48 1 Kg	16 Kg	199.67
Other Fruits	32.11 1 kg	14 Kg	449.49
Cooking oil (2.5lts)	125.59 2.5lt	3.6lt	180.85
Salt	11.00 1 Kg	1 Kg	11.00
Tea	25.20 250g	250g	25.20
SubTotal			ZMW 3,220.66

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	17.40 400g	4 400g	69.60
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)	47.75 500ml	1 500ml	47.75
Sanitary towels	22.60 Pack of 10	2 Pack of 10	45.20
Toilet Paper (2ply)	5.40 Tissue(s)	6 Tissue(s)	32.40
Lotion (Dawn)	34.80 400ml	1 400ml	34.80
Subtotal			ZMW 1751.19

Total for Basic Needs and Nutrition Basket

ZMW 4971.85

(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, FEB 2023)	Amount (ZMW)
Registration (book)		Petrol (per litre)	27.22
		Diesel (per litre)	29.25
		Paraffin (per litre)	22.29

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6558.18	6,269.85	7,761.83	8038.24

This survey was conducted on 25th February, 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\$ 251.61 based on the exchange rate of K19.76 other costs would include personal care, clothing, recreation, etc.

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2023-02-28

Kasama February 2023 Basic Needs and Nutrition Basket Report

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