

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	105.00 25 kg bag	2 x 25Kg	210.00
Rice	116.44 5kg	4kg	93.15
Cassava Flour	8.55 1kg	6kg	51.27
(Sweet) Potatoes	11.00 1 Kg	4 Kg	44.00
Beans	24.96 1kg	3kg	74.88
Pounded Groundnut	29.37 1kg	1kg	29.37
Soya Pieces	35.69 1 kg	2kg	71.37
Beef	72.00 1kg	2kg	144.00
Chicken	98.00 2kg	5kg	245.00
Kapenta	101.01 1kg	1kg	101.01
Eggs	19.27 1 unit (10 eggs)	3 Trays (90 eggs)	173.40
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	319.93 40 Kg	40kg	319.93
Onion	16.11 1 Kg	4 Kg	64.43
Tomatoes	12.46 1 kg	6 kg	74.74
Banana	11.03 1 Kg	16 Kg	176.43
Other Fruits	7.06 1 kg	14 Kg	98.80
Cooking oil (2.5lts)	113.00 2.5lt	3.6lt	162.72
Salt	15.80 1 Kg	1 Kg	15.80
Tea	28.80 250g	250g	28.80
SubTotal			ZMW 2,479.11

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	121.50 90kg bag(s)	2 90kg bag(s)	243.00
Soap (Lifebuoy/Champion)	14.60 Tablet(s)	3 Tablet(s)	43.80
Wash soap (BOOM)	16.60 400g	4 400g	66.40
Jelly (Vaseline)	33.60 500ml	1 500ml	33.60
Electricity (medium density)	140.00 Month(s)	1 Month(s)	140.00
Water & Sanitation (med - fixed)	112.00 Month(s)	1 Month(s)	112.00
Housing (3 bedroom)	760.00 Month(s)	1 Month(s)	760.00
Sanitary towels	21.40 Pack of 10	2 Pack of 10	42.80
Toilet Paper (2ply)	5.87 Tissue(s)	6 Tissue(s)	35.20
Lotion (Dawn)	28.40 400ml	1 400ml	28.40
Subtotal			ZMW 1,505.20

Total for Basic Needs and Nutrition Basket

ZMW 3,984.31

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	120.00	Tazara-Town	10.00
Grades 8-9 (User + PTA/year)	510.00	Location-Town	10.00
Grades 10-12 (User + PTA/year)	400.00		
School Uniform (Grades 8-12)	680.00		
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

(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
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,617.94	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

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 November, 2021 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 November Basic Needs Basket is approximately US\$224.09 based upon the exchange rate Of K17.78. Other costs would include personal care, clothing, recreation, etc.

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2021-11-30

Kasama November 2021 Basic Needs and Nutrition Basket Report

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