

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kasama**

**July 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	108.40 25 kg bag	2 x 25Kg	216.80
Rice	137.44 5kg	4kg	109.95
Cassava Flour	10.78 1kg	6kg	64.71
(Sweet) Potatoes	18.70 1 Kg	4 Kg	74.80
Beans	23.01 1kg	3kg	69.03
Pounded Groundnut	36.27 1kg	1kg	36.27
Soya Pieces	75.76 1 kg	2kg	151.53
Beef	72.60 1kg	2kg	145.20
Chicken	100.00 2kg	5kg	250.00
Kapenta	170.12 1kg	1kg	170.12
Eggs	22.13 1 unit (10 eggs)	3 Trays (90 eggs)	199.20
Milk (Fresh)	14.80 500 ml	10 liters	296.00
Vegetables	364.78 40 Kg	40kg	364.78
Onion	20.93 1 Kg	4 Kg	83.73
Tomatoes	13.46 1 kg	6 kg	80.76
Banana	13.03 1 Kg	16 Kg	208.55
Other Fruits	16.51 1 kg	14 Kg	231.18
Cooking oil (2.5lts)	114.00 2.5lt	3.6lt	164.16
Salt	15.00 1 kg	1 Kg	15.00
Tea	27.60 250g	250g	27.60
<b>SubTotal</b>			<b>ZMW 2,959.38</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	132.75 90kg bag(s)	2 90kg bag(s)	265.50
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	16.00 400g	4 400g	64.00
Jelly (Vaseline)	39.00 500ml	1 500ml	39.00
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	21.80 Pack of 10	2 Pack of 10	43.60
Toilet Paper (2ply)	6.83 Tissue(s)	6 Tissue(s)	40.99
Lotion (Dawn)	33.00 400ml	1 400ml	33.00
<b>Subtotal</b>			<b>ZMW 1,543.09</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,502.47**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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		

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		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
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

### 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 27<sup>th</sup> July, 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 July Basic Needs Basket is approximately US\$235 based upon the exchange rate Of K19.20. Other costs would include personal care, clothing, recreation, etc.

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