

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

May 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	115.20 25 kg bag	2 x 25Kg	230.40
Rice	160.87 5kg	4kg	128.70
Cassava Flour	6.99 1kg	6kg	41.93
(Sweet) Potatoes	10.00 1 Kg	4 Kg	40.00
Beans	30.31 1kg	3kg	90.93
Pounded Groundnut	43.90 1kg	1kg	43.90
Soya Pieces	49.23 1 kg	2kg	98.47
Beef	73.80 1kg	2kg	147.60
Chicken	79.20 2kg	5kg	198.00
Kapenta	117.08 1kg	1kg	117.08
Eggs	19.50 1 unit (10 eggs)	3 Trays (90 eggs)	175.50
Milk (Fresh)	14.80 500 ml	10 liters	296.00
Vegetables	400.27 40 Kg	40kg	400.27
Onion	42.06 1 Kg	4 Kg	168.22
Tomatoes	15.11 1 kg	6 kg	90.69
Banana	9.97 1 Kg	16 Kg	159.49
Other Fruits	9.22 1 kg	14 Kg	129.04
Cooking oil (2.5lts)	126.40 2.5lt	3.6lt	182.02
Salt	10.80 1 kg	1 Kg	10.80
Tea	28.40 250g	250g	28.40
SubTotal			ZMW 2,777.43

(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)	12.20 Tablet(s)	3 Tablet(s)	36.60
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Jelly (Vaseline)	45.50 500ml	1 500ml	45.50
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	18.30 Pack of 10	2 Pack of 10	36.60
Toilet Paper (2ply)	6.33 Tissue(s)	6 Tissue(s)	38.00
Lotion (Dawn)	29.40 400ml	1 400ml	29.40
Subtotal			ZMW 1,501.10

Total for Basic Needs and Nutrition Basket

ZMW 4,278.53

(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)	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		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		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
8,442.24	4,278.53	4,985.24	4,700.14	6,631.73	7,700.15	5,220.14	5,231.51	5,039.81	6,095.54	7,166.36	6,695.95	5,660.09	5,511.45	4,142.79	6,555.64

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 May, 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 May Basic Needs Basket is approximately US\$190 based upon the exchange rate Of K22.15. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2021-05-31

Kasama May 2021 Basic Nutrition and Needs Basket Report

Jesuit Centre for Theological Reflection

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