

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

March 2021

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

| Commodity | Price (ZMW) / Unit | Quantity / Month | Total (ZMW) |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 113.60 25 kg bag | 2 x 25Kg | 227.20 |
| Rice | 157.86 5kg | 4kg | 126.29 |
| Cassava Flour | 8.02 1kg | 6kg | 48.12 |
| (Sweet) Potatoes | 14.77 1 Kg | 4 Kg | 59.07 |
| Beans | 24.37 1kg | 3kg | 73.11 |
| Pounded Groundnut | 40.15 1kg | 1kg | 40.15 |
| Soya Pieces | 32.19 1 kg | 2kg | 64.38 |
| Beef | 69.40 1kg | 2kg | 138.80 |
| Chicken | 91.00 2kg | 5kg | 227.50 |
| Kapenta | 178.59 1kg | 1kg | 178.59 |
| Eggs | 20.00 1 unit (10 eggs) | 3 Trays (90 eggs) | 180.00 |
| Milk (Fresh) | 14.60 500 ml | 10 liters | 292.00 |
| Vegetables | 301.04 40 Kg | 40kg | 301.04 |
| Onion | 15.54 1 Kg | 4 Kg | 62.16 |
| Tomatoes | 13.00 1 kg | 6 kg | 77.99 |
| Banana | 9.74 1 Kg | 16 Kg | 155.82 |
| Other Fruits | 22.52 1 kg | 14 Kg | 315.33 |
| Cooking oil (2.5lts) | 104.00 2.5lt | 3.6lt | 149.76 |
| Salt | 10.00 1 kg | 1 Kg | 10.00 |
| Tea | 25.60 250g | 250g | 25.60 |
| SubTotal | | | ZMW 2,752.90 |

(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) | 11.80 Tablet(s) | 3 Tablet(s) | 35.40 |
| Wash soap (BOOM) | 14.20 400g | 4 400g | 56.80 |
| Jelly (Vaseline) | 49.60 500ml | 1 500ml | 49.60 |
| 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 | 18.00 Pack of 10 | 2 Pack of 10 | 36.00 |
| Toilet Paper (2ply) | 6.34 Tissue(s) | 6 Tissue(s) | 38.04 |
| Lotion (Dawn) | 30.40 400ml | 1 400ml | 30.40 |
| Subtotal | | | ZMW 1,523.74 |

Total for Basic Needs and Nutrition Basket

ZMW 4,276.64

(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 |
| | | Paraffin (per litre) | 15.39 |

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

Compositions of vegetables and fruits

| Lusaka | Kasama | Mansa | Mongu | Ndola | Solwezi | Monze | Chipata | Mpika | Luanshya | Kitwe | Kabwe | Livingstone | Choma | Chinsali | Mazabuka |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|
| 8,644.50 | 4,276.64 | 4,960.43 | 4,944.42 | 6,367.38 | 6,660.49 | 4,933.42 | 5,095.28 | 4,759.55 | 5,774.22 | 6,675.64 | 7,033.75 | 6,289.23 | 5,499.50 | 5,336.28 | 5,953.66 |

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 February, 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 February Basic Needs Basket is approximately US\$194 based upon the exchange rate Of K22.04. Other costs would include personal care, clothing, recreation, etc.

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2021-03-30

Kasama March 2021 Basic Needs and Nutrition Basket Report

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