

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk			
Mealie Meal (Breakfast)			
Mealie Meal (Roller)	104.75 25 kg bag	2 x 25Kg	209.50
Rice	138.35 5kg	4kg	110.68
Cassava Flour	8.95 1kg	6kg	53.69
(Sweet) Potatoes	17.50 1 Kg	4 Kg	70.00
Beans	24.84 1kg	3kg	74.53
Pounded Groundnut	22.92 1kg	1kg	22.92
Soya Pieces	36.57 1 kg	2kg	73.14
Beef	73.00 1kg	2kg	146.00
Chicken	102.00 2kg	5kg	255.00
Kapenta	132.24 1kg	1kg	132.24
Eggs	19.83 1 unit (10 eggs)	3 Trays (90 eggs)	178.50
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	438.72 40 Kg	40kg	438.72
Onion	18.62 1 Kg	4 Kg	74.49
Tomatoes	18.06 1 kg	6 kg	108.38
Banana	10.83 1 Kg	16 Kg	173.33
Other Fruits	9.18 1 kg	14 Kg	128.59
Cooking oil (2.5lts)	107.60 2.5lt	3.6lt	154.94
Salt	15.00 1 Kg	1 Kg	15.00
Tea	29.20 250g	250g	29.20
SubTotal			ZMW 2,748.86

B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	130.00 90kg bag(s)	2 90kg bag(s)	260.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	15.00 400g	1 400g	45.00
Jelly (Vaseline)	37.60 500ml	1 500ml	37.60
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	31.20 Pack of 10	2 Pack of 10	32.00
Toilet Paper (2ply)	35.80 Tissue(s)	6 Tissue(s)	178.00
Lotion (Dawn)	31.60 400ml	1 400ml	31.60

Subtotal **ZMW 1,626.2**

Total for Basic Needs and Nutrition Basket **ZMW 4,375.06**

(C) SOME OTHER ADDITIONAL COSTS

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

Health

Registration book 5.00

Fuel (cost at the pump)**Item****Amount (ZMW)**

Petrol (per litre)	21.16
Diesel (per litre)	20.15
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
8,571.56	4,375.06	5,074.81	4,339.81	7,032.24	6,580.67	5,026.31	5,633.84	5,074.16	5,451.88	6,575.25	6,432.76	5,759.26	5,605.12	5,192.44	6,502.74

This survey was conducted on 27th June 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$.. based upon the exchange rate Of K22.70. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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2021-12-31

Kasama December 2021 Basic Needs and Nutrition Basket Report

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