

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	111.40 25 kg bag	2 x 25Kg	222.80
Rice	144.81 5kg	4kg	115.85
Cassava Flour	11.15 1kg	6kg	66.90
(Sweet) Potatoes	21.58 1 Kg	4 Kg	86.30
Beans	42.34 1kg	3kg	127.03
Pounded Groundnut	31.50 1kg	1kg	31.50
Soya Pieces	48.18 1 kg	2kg	96.35
Beef	71.40 1kg	2kg	142.80
Chicken	100.80 2kg	5kg	252.00
Kapenta	146.67 1kg	1kg	146.67
Eggs	23.67 1 unit (10 eggs)	3 Trays (90 eggs)	213.00
Milk (Fresh)	14.40 500 ml	10 liters	288.00
Vegetables	386.41 40 Kg	40kg	386.41
Onion	26.40 1 Kg	4 Kg	105.58
Tomatoes	16.79 1 kg	6 kg	100.77
Banana	12.62 1 Kg	16 Kg	201.92
Other Fruits	24.62 1 kg	14 Kg	344.64
Cooking oil (2.5lts)	110.00 2.5lt	3.6lt	158.40
Salt	11.60 1 kg	1 Kg	11.60
Tea	25.20 250g	250g	25.20
<b>SubTotal</b>			<b>ZMW 3,123.72</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	135.00 90kg bag(s)	2 90kg bag(s)	270.00
Soap (Lifebuoy/Champion)	9.50 Tablet(s)	3 Tablet(s)	28.50
Wash soap (BOOM)	19.00 400g	4 400g	76.00
Jelly (Vaseline)	35.00 500ml	1 500ml	35.00
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	17.25 Pack of 10	2 Pack of 10	34.50
Toilet Paper (2ply)	7.00 Tissue(s)	6 Tissue(s)	42.00
Lotion (Dawn)	31.00 400ml	1 400ml	31.00
<b>Subtotal</b>			<b>ZMW 1,529.00</b>

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

**ZMW 4,652.72**

## (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

### 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> August, 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 August Basic Needs Basket is approximately US\$289 based upon the exchange rate Of K16.09. Other costs would include personal care, clothing, recreation, etc.

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2021-08-31

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