

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	115.80 25 kg bag	2 x 25Kg	231.60
Rice	224.43 5kg	4kg	179.54
Cassava Flour	8.84 1kg	6kg	53.04
(Sweet) Potatoes	16.43 1 Kg	4 Kg	65.73
Beans	22.11 1kg	3kg	66.32
Pounded Groundnut	44.96 1kg	1kg	44.96
Soya Pieces	17.64 1 kg	2kg	35.27
Beef	57.00 1kg	2kg	114.00
Chicken	71.40 2kg	5kg	178.50
Kapenta	146.34 1kg	1kg	146.34
Eggs	17.13 1 unit (10 eggs)	3 Trays (90 eggs)	154.20
Milk (Fresh)	12.50 500 ml	10 liters	250.00
Vegetables	251.34 40 Kg	40kg	251.34
Onion	12.79 1 Kg	4 Kg	51.18
Tomatoes	10.85 1 kg	6 kg	65.10
Banana	9.71 1 Kg	16 Kg	155.32
Other Fruits	8.64 1 kg	14 Kg	121.02
Cooking oil (2.5lts)	94.60 2.5lt	3.6lt	136.22
Salt	12.60 1 kg	1 Kg	12.60
Tea	25.60 250g	250g	25.60
SubTotal			ZMW 2,337.89

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	139.50 90kg bag(s)	2 90kg bag(s)	279.00
Soap (Lifebuoy/Champion)	12.20 Tablet(s)	3 Tablet(s)	36.60
Wash soap (BOOM)	12.00 400g	4 400g	48.00
Jelly (Vaseline)	49.70 500ml	1 500ml	49.70
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	18.60 Pack of 10	2 Pack of 10	30.80
Toilet Paper (2ply)	4.93 Tissue(s)	6 Tissue(s)	29.60
Lotion (Dawn)	31.40 400ml	1 400ml	31.40
Subtotal			ZMW 1,517.10

Total for Basic Needs and Nutrition Basket

ZMW 3,854.99

(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
8394.01.	3,854.99	4,886.73	4,402.41	5,982.58	6,420.53	4,693.47	4,918.63	4,359.43	5,246.75	6,256.95	6,734.83	5,407.56	5,358.78	5,479.28	5,027.35

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 January, 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 January Basic Needs Basket is approximately US\$179 based upon the exchange rate Of K21.58 Other costs would include personal care, clothing, recreation, etc.

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2021-01-30

Kasama January 2021 Basic Needs and Nutrition Basket Report

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