

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	103.00 25 kg bag	2 x 25Kg	206.00
Rice	107.65 5kg	4kg	86.12
Cassava Flour	6.85 1kg	6kg	41.07
(Sweet) Potatoes	14.00 1 Kg	4 Kg	56.00
Beans	21.93 1kg	3kg	65.78
Pounded Groundnut	42.02 1kg	1kg	42.02
Soya Pieces	30.13 1 kg	2kg	60.26
Beef	73.00 1kg	2kg	146.00
Chicken	102.60 2kg	5kg	256.50
Kapenta	208.42 1kg	1kg	208.42
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	183.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	320.20 40 Kg	40kg	320.20
Onion	21.30 1 Kg	4 Kg	85.21
Tomatoes	18.14 1 kg	6 kg	108.86
Banana	10.33 1 Kg	16 Kg	165.24
Other Fruits	19.98 1 kg	14 Kg	279.73
Cooking oil (2.5lts)	105.20 2.5lt	3.6lt	151.49
Salt	15.00 1 Kg	1 Kg	15.00
Tea	25.60 250g	250g	25.60
SubTotal			ZMW 2,802.51

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	112.50 90kg bag(s)	2 90kg bag(s)	225.00
Soap (Lifebuoy/Champion)	15.40 Tablet(s)	3 Tablet(s)	46.20
Wash soap (BOOM)	15.60 400g	4 400g	62.40
Jelly (Vaseline)	44.40 500ml	1 500ml	44.40
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	19.40 Pack of 10	2 Pack of 10	38.80
Toilet Paper (2ply)	7.13 Tissue(s)	6 Tissue(s)	42.80
Lotion (Dawn)	30.20 400ml	1 400ml	30.20
Subtotal			ZMW 1,501.80

Total for Basic Needs and Nutrition Basket

ZMW 4,304.31

(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)	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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

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 October, 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 October Basic Needs Basket is approximately US\$250 based upon the exchange rate Of K17.22. Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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2021-10-31

Kasama October 2021 Basic Needs and Nutrition Basket Report

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