

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	106.60 25 kg bag	2 x 25Kg	213.20
Rice	90.99 5kg	4kg	72.79
Cassava Flour	6.76 1kg	6kg	40.56
(Sweet) Potatoes	12.60 1 Kg	4 Kg	50.41
Beans	22.47 1kg	3kg	67.41
Pounded Groundnut	25.63 1kg	1kg	25.63
Soya Pieces	32.22 1 kg	2kg	64.43
Beef	54.20 1kg	2kg	108.40
Chicken	80.20 2kg	5kg	200.50
Kapenta	131.83 1kg	1kg	131.83
Eggs	16.47 1 unit (10 eggs)	3 Trays (90 eggs)	148.20
Milk (Fresh)	10.00 500 ml	10 liters	200.00
Vegetables	372.08 40 Kg	40kg	372.08
Onion	13.44 1 Kg	4 Kg	53.77
Tomatoes	12.49 1 kg	6 kg	74.95
Banana	10.82 1 Kg	16 Kg	173.06
Other Fruits	7.47 1 kg	14 Kg	104.61
Cooking oil (2.5lts)	86.60 2.5lt	3.6lt	124.70
Salt	13.20 1 Kg	1 Kg	13.20
Tea	25.60 250g	250g	25.60
<b>SubTotal</b>			<b>ZMW 2,265.36</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.50 90kg bag(s)	2 90kg bag(s)	175.00
Soap (Lifebuoy/Champion)	11.60 Tablet(s)	3 Tablet(s)	34.80
Wash soap (BOOM)	13.40 400g	4 400g	53.60
Jelly (Vaseline)	42.20 500ml	1 500ml	42.20
Electricity (medium density)	100.00 Month(s)	1 Month(s)	100.00
Water & Sanitation (med - fixed)	70.00 Month(s)	1 Month(s)	70.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	17.60 Pack of 10	2 Pack of 10	35.20
Toilet Paper (2ply)	6.10 Tissue(s)	6 Tissue(s)	36.60
Lotion (Dawn)	29.00 400ml	1 400ml	29.00
<b>Subtotal</b>			<b>ZMW 1,826.40</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,091.76</b>

## (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)	240.00	Tazara-Town	16.00
Grades 8-9 (User + PTA/year)	300.00		
School Uniform (Grades 1-7)	90.00		
School Uniform (Grades 8-12)	150.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	50.00	Petrol (per litre)	17.62
Consultation Fee	60.00	Diesel (per litre)	15.59

**(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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

**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 November, 2020 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 November Basic Needs Basket is approximately US\$195 based upon the exchange rate Of K21.02 Other costs would include personal care, clothing, recreation, etc

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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