

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	113.60 25 kg bag	2 x 25Kg	227.20
Rice	120.75 5kg	4kg	96.60
Cassava Flour	6.71 1kg	6kg	40.29
(Sweet) Potatoes	10.60 1 Kg	4 Kg	42.40
Beans	22.54 1kg	3kg	67.61
Pounded Groundnut	23.98 1kg	1kg	23.98
Soya Pieces	30.92 1 kg	2kg	61.84
Beef	56.20 1kg	2kg	112.40
Chicken	70.40 2kg	5kg	176.00
Kapenta	125.88 1kg	1kg	125.88
Eggs	18.47 1 unit (10 eggs)	3 Trays (90 eggs)	166.20
Milk (Fresh)	11.20 500 ml	10 liters	224.00
Vegetables	391.33 40 Kg	40kg	391.33
Onion	13.64 1 Kg	4 Kg	54.56
Tomatoes	13.86 1 kg	6 kg	83.16
Banana	9.57 1 Kg	16 Kg	153.13
Other Fruits	9.31 1 kg	14 Kg	130.41
Cooking oil (2.5lts)	87.60 2.5lt	3.6lt	126.14
Salt	13.60 1 Kg	1 Kg	13.60
Tea	25.20 250g	250g	25.20
SubTotal			ZMW 2,341.92

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	104.00 90kg bag(s)	2 90kg bag(s)	208.00
Soap (Lifebuoy/Champion)	12.00 Tablet(s)	3 Tablet(s)	36.00
Wash soap (BOOM)	15.00 400g	4 400g	60.00
Jelly (Vaseline)	43.60 500ml	1 500ml	43.60
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	15.90 Pack of 10	2 Pack of 10	31.80
Toilet Paper (2ply)	18.53 Tissue(s)	6 Tissue(s)	111.20
Lotion (Dawn)	28.80 400ml	1 400ml	28.80
Subtotal			ZMW 1,939.40
Total for Basic Needs and Nutrition Basket			ZMW 4,281.32

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		
Health		Fuel (cost at the pump)	
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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

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 December, 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 December Basic Needs Basket is approximately US\$203 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

Reports

Advocacy on Living Conditions

2020-12-31

Kasama December 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/765>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)