

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kasama**

**March 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	158.60 25 kg bag	2 x 25Kg	317.20
Rice	102.11 5kg	4kg	81.68
Cassava Flour	7.71 1kg	6kg	46.24
(Sweet) Potatoes	10.94 1 Kg	4 Kg	43.76
Beans	14.75 1kg	3kg	44.25
Pounded Groundnut	43.03 1kg	1kg	43.03
Soya Pieces	27.49 1 kg	2kg	54.98
Beef	46.00 1kg	2kg	92.00
Chicken	56.00 2kg	5kg	140.00
Kapenta	110.51 1kg	1kg	110.51
Eggs	13.53 1 unit (10 eggs)	3 Trays (90 eggs)	121.80
Milk (Fresh)	8.26 500 ml	10 liters	165.16
Vegetables	271.47 40 Kg	40kg	271.47
Onion	25.35 1 Kg	4 Kg	101.41
Tomatoes	11.83 1 kg	6 kg	70.95
Banana	7.00 1 Kg	16 Kg	112.01
Other Fruits	8.23 1 kg	14 Kg	115.17
Cooking oil (2.5lts)	66.30 2.5lt	3.6lt	95.47
Salt	10.20 1 Kg	1 Kg	10.20
<b>SubTotal</b>			<b>ZMW 2,037.30</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	85.50 90kg bag(s)	2 90kg bag(s)	171.00
Soap (Lifebuoy/Champion)	8.90 Tablet(s)	3 Tablet(s)	26.70
Wash soap (BOOM)	10.30 400g	4 400g	41.20
Jelly (Vaseline)	37.80 500ml	1 500ml	37.80
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	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	5.40 Tissue(s)	6 Tissue(s)	32.40
Lotion (Dawn)	23.60 400ml	1 400ml	23.60
<b>Subtotal</b>			<b>ZMW 1,786.70</b>

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

**ZMW 3,824.00**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</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)	16.38
		Paraffin (per litre)	14.50

## (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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,764.91	5,491.01	5,382.93	6,098.18	5,690.61	4,901.28	4,919.24	5,541.09

### 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 March, 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 March Basic Needs Basket is approximately US\$215 based upon the exchange rate Of K17.76. 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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

---

Reports

Advocacy on Living Conditions

---

2020-03-30

# Kasama March 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/780>

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