

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

February 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	148.00 25 kg bag	2 x 25Kg	296.00
Rice	89.06 5kg	4kg	71.25
Cassava Flour	7.07 1kg	6kg	42.44
(Sweet) Potatoes	9.70 1 Kg	4 Kg	38.79
Beans	15.69 1kg	3kg	47.07
Pounded Groundnut	32.11 1kg	1kg	32.11
Soya Pieces	28.36 1 kg	2kg	56.73
Beef	42.80 1kg	2kg	85.60
Chicken	55.00 2kg	5kg	137.50
Kapenta	66.58 1kg	1kg	66.58
Eggs	14.13 1 unit (10 eggs)	3 Trays (90 eggs)	127.20
Milk (Fresh)	8.40 500 ml	10 liters	168.00
Vegetables	237.19 40 Kg	40kg	237.19
Onion	16.80 1 Kg	4 Kg	67.18
Tomatoes	14.49 1 kg	6 kg	86.93
Banana	11.98 1 Kg	16 Kg	191.72
Other Fruits	16.74 1 kg	14 Kg	234.33
Cooking oil (2.5lts)	62.00 2.5lt	3.6lt	89.28
Salt	11.20 1 Kg	1 Kg	11.20
SubTotal			ZMW 2,087.12

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	92.25 90kg bag(s)	2 90kg bag(s)	184.50
Soap (Lifebuoy/Champion)	9.20 Tablet(s)	3 Tablet(s)	27.60
Wash soap (BOOM)	10.80 400g	4 400g	43.20
Jelly (Vaseline)	34.20 500ml	1 500ml	34.20
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	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	25.40 250ml	1 250ml	25.40
Subtotal			ZMW 1,794.90

Total for Basic Needs and Nutrition Basket

ZMW 3,882.02

(C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round trip)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	240.00	Tazara-Town	8.00
Grades 8-9 (User + PTA/year)	300.00		
School Uniform (Grades 1-7)	90.00		
School Uniform (Grades 8-9)	150.00		
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
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
7,015.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,703.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5346.30	4885.84	5,122.10	5,437.68

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 24th February, 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 February Basic Needs Basket is approximately US\$264 based upon the exchange rate Of K14.71. 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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2020-02-28

Kasama February 2020 Basic Needs and Nutrition Basket Report

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