

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	103.80 25 kg bag	2 x 25Kg	207.60
Rice	111.38 5kg	4kg	89.11
Cassava Flour	7.96 1kg	6kg	47.75
(Sweet) Potatoes	15.63 1 Kg	4 Kg	62.51
Beans	25.97 1kg	3kg	77.92
Pounded Groundnut	32.41 1kg	1kg	32.41
Soya Pieces	40.99 1 kg	2kg	81.98
Beef	73.00 1kg	2kg	146.00
Chicken	100.80 2kg	5kg	252.00
Kapenta	196.42 1kg	1kg	196.42
Eggs	21.67 1 unit (10 eggs)	3 Trays (90 eggs)	195.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	296.94 40 Kg	40kg	296.94
Onion	27.39 1 Kg	4 Kg	109.55
Tomatoes	10.93 1 kg	6 kg	65.56
Banana	10.12 1 Kg	16 Kg	161.97
Other Fruits	17.50 1 kg	14 Kg	245.00
Cooking oil (2.5lts)	108.40 2.5lt	3.6lt	156.10
Salt	15.00 1 Kg	1 Kg	15.00
Tea	25.20 250g	250g	25.20
SubTotal			ZMW 2,764.02

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	108.00 90kg bag(s)	2 90kg bag(s)	216.00
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	39.00
Wash soap (BOOM)	16.20 400g	4 400g	64.80
Jelly (Vaseline)	42.50 500ml	1 500ml	42.50
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	21.00 Pack of 10	2 Pack of 10	42.00
Toilet Paper (2ply)	7.20 Tissue(s)	6 Tissue(s)	43.20
Lotion (Dawn)	32.60 400ml	1 400ml	32.60
Subtotal			ZMW 1,492.10

Total for Basic Needs and Nutrition Basket

ZMW 4,256.12

(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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

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 September, 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 September Basic Needs Basket is approximately US\$255 based upon the exchange rate Of K16.67. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Statements

Advocacy on Living Conditions

2021-09-30

Kasama September 2021 Basic Need And Nutrition Basket Report

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