

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.00 25 kg bag	2 x 25Kg	272.00
Rice	95.41 5kg	4kg	76.33
Cassava Flour	9.12 1kg	6kg	54.71
(Sweet) Potatoes	13.94 1 Kg	4 Kg	55.76
Beans	14.64 1kg	3kg	43.93
Pounded Groundnut	25.13 1kg	1kg	25.13
Soya Pieces	17.14 1 kg	2kg	34.29
Beef	42.00 1kg	2kg	84.00
Chicken	54.60 2kg	5kg	136.50
Kapenta	60.00 1kg	1kg	60.00
Eggs	10.93 1 unit (10 eggs)	3 Trays (90 eggs)	98.40
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	230.39 40 Kg	40kg	230.39
Onion	13.28 1 Kg	4 Kg	53.10
Tomatoes	9.05 1 kg	6 kg	54.29
Banana	9.38 1 Kg	16 Kg	150.04
Other Fruits	4.00 1 kg	14 Kg	56.00
Cooking oil (2.5lts)	56.00 2.5lt	3.6lt	80.64
Salt	6.90 1 Kg	1 Kg	6.90
<b>SubTotal</b>			<b>ZMW 1,732.41</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	87.75 90kg bag(s)	2 90kg bag(s)	175.50
Soap (Lifebuoy/Champion)	8.00 Tablet(s)	3 Tablet(s)	24.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	49.40 500ml	1 500ml	49.40
Electricity (medium density)	292.00 30 Days	1 30 Days	292.00
Water & Sanitation (med - fixed)	225.00 30 Days	1 30 Days	225.00
Housing (3 bedroom)	1,125.00 30 Days	1 30 Days	1,125.00
Sanitary towels	10.00 Pack of 10	2 Pack of 10	20.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	20.80 250ml	1 250ml	20.80
<b>Subtotal</b>			<b>ZMW 2,001.70</b>

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

**ZMW 3,734.11**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Tazara-Town	16.00
Grades 10-12 (User + PTA/year)	600.00	Location-Town	16.00

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
item	Amount (ZMW)	Item	Amount (ZMW)
Mosquito net (private)	20.00	Petrol (per litre)	15.98
Malaria test	10.00	Diesel (per litre)	13.43
		Paraffin (per litre)	11.34

## (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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

#### **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 and Oranges.

This survey was conducted on 27th December, 2019 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\$270 based upon the exchange rate Of K13.85. Other costs would include personal care, clothing, recreation, etc.

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