

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.40 25 kg bag	2 x 25Kg	258.80
Rice	78.77 5kg	4kg	63.02
Cassava Flour	5.69 1kg	6kg	34.14
(Sweet) Potatoes	8.88 1 Kg	4 Kg	35.53
Beans	12.90 1kg	3kg	38.71
Pounded Groundnut	22.72 1kg	1kg	22.72
Soya Pieces	20.36 1 kg	2kg	40.71
Beef	49.00 1kg	2kg	98.00
Chicken	57.80 2kg	5kg	144.50
Kapenta	90.01 1kg	1kg	90.01
Eggs	12.67 1 unit (10 eggs)	3 Trays (90 eggs)	114.00
Milk (Fresh)	8.40 500 ml	10 liters	168.00
Vegetables	180.84 40 Kg	40kg	180.84
Onion	13.90 1 Kg	4 Kg	55.58
Tomatoes	6.94 1 kg	6 kg	41.61
Banana	10.11 1 Kg	16 Kg	161.83
Other Fruits	7.14 1 kg	14 Kg	100.00
Cooking oil (2.5lts)	62.00 2.5lt	3.6lt	89.28
Salt	7.60 1 Kg	1 Kg	7.60
<b>SubTotal</b>			<b>ZMW 1,744.89</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	90.00 90kg bag(s)	2 90kg bag(s)	180.00
Soap (Lifebuoy/Champion)	7.60 Tablet(s)	3 Tablet(s)	22.80
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	35.80 500ml	1 500ml	35.80
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)	1,500.00 Month(s)	1 Month(s)	1,500.00
Sanitary towels	25.50 Pack of 10	2 Pack of 10	51.00
Toilet Paper (2ply)	5.80 Tissue(s)	6 Tissue(s)	34.80
Lotion (Dawn)	22.00 250ml	1 250ml	22.00
<b>Subtotal</b>			<b>ZMW 2,056.40</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 3,801.29</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	240.00	Tazara-Town	8.00
School Uniform (Grades 1-7)	90.00		
School Uniform (Grades 8-9)	300.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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
7,410.96	3,801.29	3,658.82	3,927.78	5,870.13	4,984.47	5,558.42	4,269.48	3,732.43	4,914.74	5,095.38	5,863.53	5,242.63	4,602.95	4,863.79	4,923.41

### 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 January, 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 January Basic Needs Basket is approximately US\$261 based upon the exchange rate Of K14.56. Other costs would include personal care, clothing, recreation, etc.

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