

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	92.50 25 kg bag	2 x 25Kg	185.00
Rice	127.47 5kg	4kg	101.98
Cassava Flour	7.32 1kg	6kg	43.89
(Sweet) Potatoes	11.77 1 Kg	4 Kg	47.07
Beans	13.20 1kg	3kg	39.59
Pounded Groundnut	32.75 1kg	1kg	32.75
Soya Pieces	30.45 1 kg	2kg	60.90
Beef	53.40 1kg	2kg	106.80
Chicken	60.80 2kg	5kg	152.00
Kapenta	143.51 1kg	1kg	143.51
Eggs	17.30 1 unit (10 eggs)	3 Trays (90 eggs)	155.70
Milk (Fresh)	9.60 500 ml	10 liters	192.00
Vegetables	264.08 40 Kg	40kg	264.08
Onion	9.65 1 Kg	4 Kg	38.59
Tomatoes	10.69 1 kg	6 kg	64.16
Banana	10.66 1 Kg	16 Kg	170.58
Other Fruits	9.97 1 kg	14 Kg	139.53
Cooking oil (2.5lts)	86.60 2.5lt	3.6lt	124.70
Salt	12.60 1 Kg	1 Kg	12.60
Tea	22.40 250g	250g	22.40
<b>SubTotal</b>			<b>ZMW 2,097.83</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)	11.00 Tablet(s)	3 Tablet(s)	33.00
Wash soap (BOOM)	12.80 400g	4 400g	51.20
Jelly (Vaseline)	39.50 500ml	1 500ml	39.50
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	16.40 Pack of 10	2 Pack of 10	32.80
Toilet Paper (2ply)	4.64 Tissue(s)	6 Tissue(s)	27.84
Lotion (Dawn)	15.00 250ml	1 250ml	15.00
<b>Subtotal</b>			<b>ZMW 1,799.34</b>

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

**ZMW 3,897.17**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</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)	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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

### 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 October, 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 October Basic Needs Basket is approximately US\$192 based upon the exchange rate of K20.35. 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

---

2020-10-31

# Kasama October 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/891>

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