

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

July 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	96.00 25 kg bag	2 x 25Kg	192.00
Rice	106.35 5kg	4kg	85.08
Cassava Flour	6.19 1kg	6kg	37.17
(Sweet) Potatoes	13.89 1 Kg	4 Kg	55.55
Beans	16.31 1kg	3kg	48.94
Pounded Groundnut	34.66 1kg	1kg	34.66
Soya Pieces	38.21 1 kg	2kg	76.43
Beef	45.80 1kg	2kg	91.60
Chicken	58.00 2kg	5kg	145.00
Kapenta	121.74 1kg	1kg	121.74
Eggs	14.53 1 unit (10 eggs)	3 Trays (90 eggs)	130.80
Milk (Fresh)	9.40 500 ml	10 liters	188.00
Vegetables	262.21 40 Kg	40kg	262.21
Onion	24.99 1 Kg	4 Kg	99.94
Tomatoes	12.81 1 kg	6 kg	76.86
Banana	9.35 1 Kg	16 Kg	149.58
Other Fruits	15.39 1 kg	14 Kg	215.44
Cooking oil (2.5lts)	82.00 2.5lt	3.6lt	118.08
Salt	11.60 1 Kg	1 Kg	11.60
SubTotal			ZMW 2,140.69

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	117.00 90kg bag(s)	2 90kg bag(s)	234.00
Soap (Lifebuoy/Champion)	9.80 Tablet(s)	3 Tablet(s)	29.40
Wash soap (BOOM)	11.00 400g	4 400g	44.00
Jelly (Vaseline)	36.50 500ml	1 500ml	36.50
Electricity (medium density)	100.00 Month(s)	1 Month(s)	100.00
Water & Sanitation (med - fixed)	70.00 Meda	1 Month(s)	70.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	16.20 Pack of 10	2 Pack of 10	32.40
Toilet Paper (2ply)	5.13 Tissue(s)	6 Tissue(s)	30.80
Lotion (Dawn)	22.00 250ml	1 250ml	22.00
Subtotal			ZMW 1,849.10

Total for Basic Needs and Nutrition Basket

ZMW 3,989.79

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Consultation Fee	60.00	Petrol (per litre)	17.62
Fast-Track Consultation	50.00	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
7,204.24	3,989.79	3,971.03	4,065.75	5,825.94	6,410.79	5,299.66	4,576.48	4,152.36	5,563.03	5,987.90	6,383.78	5,076.23	4,845.56	5,221.71	5,324.60

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 July, 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 July Basic Needs Basket is approximately US\$219.22 based upon the exchange rate Of K18.20. Other costs would include personal care, clothing, recreation, etc.

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2020-07-31

Kasama July 2020 Basic Needs and Nutrition Basket Report

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