

JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

February 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	109.60 25 kg bag	2 x 25Kg	219.20
Rice	147.97 5kg	4kg	118.37
Cassava Flour	8.59 1kg	6kg	51.52
(Sweet) Potatoes	14.76 1 Kg	4 Kg	59.04
Beans	28.19 1kg	3kg	84.57
Pounded Groundnut	43.23 1kg	1kg	43.23
Soya Pieces	46.81 1 kg	2kg	93.63
Beef	57.00 1kg	2kg	114.00
Chicken	75.60 2kg	5kg	189.00
Kapenta	186.62 1kg	1kg	186.62
Eggs	19.00 1 unit (10 eggs)	3 Trays (90 eggs)	171.00
Milk (Fresh)	13.70 500 ml	10 liters	274.00
Vegetables	296.36 40 Kg	40kg	296.36
Onion	15.97 1 Kg	4 Kg	63.89
Tomatoes	12.10 1 kg	6 kg	72.60
Banana	12.19 1 Kg	16 Kg	195.03
Other Fruits	15.00 1 kg	14 Kg	210.00
Cooking oil (2.5lts)	105.00 2.5lt	3.6lt	151.20
Salt	12.60 1 kg	1 Kg	12.60
Tea	24.60 250g	250g	24.60
SubTotal			ZMW 2,630.46

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	130.50 90kg bag(s)	2 90kg bag(s)	261.00
Soap (Lifebuoy/Champion)	11.60 Tablet(s)	3 Tablet(s)	34.80
Wash soap (BOOM)	14.20 400g	4 400g	56.80
Jelly (Vaseline)	47.60 500ml	1 500ml	47.60
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	15.00 Pack of 10	2 Pack of 10	30.00
Toilet Paper (2ply)	6.33 Tissue(s)	6 Tissue(s)	38.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 1,510.20

Total for Basic Needs and Nutrition Basket

ZMW 4,140.66

(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	680.00		

Health

Fuel (cost at the pump)	
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
8,512.31	4,140.66	4,886.58	4,738.68	6,274.28	6,341.32	5,430.74	4,692.96	4,757.20	5,470.09	6,605.92	6,853.91	6,107.43	5,594.66	5,388.13	5,759.64

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 February, 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 February Basic Needs Basket is approximately US\$199 based upon the exchange rate Of K21.83 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

2021-02-28

Kasama February 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/945>

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