

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kasama

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	111.00 25 kg bag	2 x 25Kg	222.00
Rice	80.36 5kg	4kg	64.29
Cassava Flour	5.90 1kg	6kg	35.38
(Sweet) Potatoes	15.22 1 Kg	4 Kg	60.88
Beans	11.98 1kg	3kg	35.94
Pounded Groundnut	35.26 1kg	1kg	35.26
Soya Pieces	35.67 1 kg	2kg	71.33
Beef	42.80 1kg	2kg	85.60
Chicken	58.40 2kg	5kg	146.00
Kapenta	288.32 1kg	1kg	288.32
Eggs	15.93 1 unit (10 eggs)	3 Trays (90 eggs)	143.40
Milk (Fresh)	8.60 500 ml	10 liters	172.00
Vegetables	261.15 40 Kg	40kg	261.15
Onion	21.57 1 Kg	4 Kg	86.26
Tomatoes	11.87 1 kg	6 kg	71.21
Banana	9.48 1 Kg	16 Kg	151.76
Other Fruits	15.11 1 kg	14 Kg	211.61
Cooking oil (2.5lts)	86.20 2.5lt	3.6lt	124.13
Salt	8.00 1 Kg	1 Kg	8.00
<b>SubTotal</b>			<b>ZMW 2,274.51</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	84.25 90kg bag(s)	2 90kg bag(s)	168.50
Soap (Lifebuoy/Champion)	9.80 Tablet(s)	3 Tablet(s)	29.40
Wash soap (BOOM)	11.40 400g	4 400g	45.60
Jelly (Vaseline)	33.80 500ml	1 500ml	33.80
Electricity (medium density)	100.00 Month(s)	1 Month(s)	100.00
Water & Sanitation (med - fixed)	70.00 Meda	1 Meda	70.00
Housing (3 bedroom)	1,250.00 Month(s)	1 Month(s)	1,250.00
Sanitary towels	14.00 Pack of 10	2 Pack of 10	28.00
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.60
Lotion (Dawn)	24.40 250ml	1 250ml	24.40
<b>Subtotal</b>			<b>ZMW 1,783.30</b>

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

**ZMW 4,057.81**

## (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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

### 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 June, 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 June Basic Needs Basket is approximately US\$224 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc.

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