

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	118.33 25 kg bag	2 x 25Kg	236.66
Rice	141.24 5kg	4kg	112.99
Cassava Flour	13.60 1kg	6kg	81.61
(Irish) Potatoes	13.65 1 Kg	4 Kg	54.59
Beans	28.42 1kg	3kg	85.27
Pounded Groundnut	32.94 1kg	1kg	32.94
Soya Pieces	48.28 1 kg	2kg	96.56
Beef	73.75 1kg	2kg	147.50
Chicken	132.50 2kg	5kg	331.24
Kapenta	223.41 1kg	1kg	223.41
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	185.99
Milk (Fresh)	14.62 500 ml	10 liters	292.45
Vegetables	394.35 40 Kg	40kg	394.35
Onion	13.81 1 Kg	4 Kg	55.22
Tomatoes	11.61 1 kg	6 kg	69.68
Banana	12.82 1 Kg	16 Kg	205.10
Other Fruits	9.88 1 kg	14 Kg	138.27
Cooking oil (2.5lts)	134.66 2.5lt	3.6lt	201.99
Salt	12.75 1 Kg	1 Kg	12.75
Tea	20.72 250g	250g	20.72
Sub Total			ZMW 2,979.29

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.75 Tablet(s)	3 Tablet(s)	47.24
Wash soap (BOOM)	15.50 400g	4 400g	61.99
Jelly (Vaseline)	50.00 500ml	1 500ml	50.00
Electricity (medium density)	346.00 Month(s)	1 Month(s)	346.00
Water & Sanitation (med - fixed)	243.40 Month(s)	1 Month(s)	243.40.
Housing (3 bedroom)	2,616.00 Month(s)	1 Month(s)	2,616.00
Sanitary towels	18.12 Pack of 10	2 Pack of 10	36.25
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	35.99
Lotion (Dawn)	35.75 400ml	1 400ml	35.75
Subtotal			ZMW 3,832.61
Total for Basic Needs and Nutrition Basket			ZMW 6,811.90

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	243.400	Chamboli-Town	20.00
		Chimwemwe-Town	2000
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	19.84
		Diesel (per litre)	18.93
		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
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25th January, 2022 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 Chamboli market, Chisokone market, Chimwemwe market, Nakadoli and Shoprite Super market and Schools, clinics/hospitals, and filling stations around Lusaka. The January Basic Needs and Nutrition Basket is approximately US\$370.81 based on the exchange rate of K18.37. Other costs would include personal care, clothing, recreation, etc.

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