

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	118.00 25 kg bag	2 x 25Kg	236.00
Rice	129.25 5kg	4kg	103.40
Cassava Flour	13.12 1kg	6kg	78.74
(Irish) Potatoes	13.21 1 Kg	4 Kg	52.82
Beans	26.79 1kg	3kg	80.37
Pounded Groundnut	34.59 1kg	1kg	34.59
Soya Pieces	55.60 1 kg	2kg	111.20
Beef	74.00 1kg	2kg	148.00
Chicken	128.80 2kg	5kg	321.99
Kapenta	234.32 1kg	1kg	234.32
Eggs	20.20 1 unit (10 eggs)	3 Trays (90 eggs)	181.79
Milk (Fresh)	13.20 500 ml	10 liters	263.96
Vegetables	399.93 40 Kg	40kg	399.93
Onion	21.56 1 Kg	4 Kg	86.24
Tomatoes	20.92 1 kg	6 kg	125.52
Banana	17.00 1 Kg	16 Kg	271.99
Other Fruits	16.59 1 kg	14 Kg	232.29
Cooking oil (2.5lts)	122.00 2.5lt	3.6lt	175.68
Salt	11.80 1 Kg	1 Kg	11.80
Tea	35.50 250g	250g	35.50
<b>Subtotal</b>			<b>ZMW 3,186.12</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	193.33 90kg bag(s)	2 90kg bag(s)	386.66
Soap (Lifebuoy/Champion)	13.60 Tablet(s)	3 Tablet(s)	40.79
Wash soap (BOOM)	20.40 400g	4 400g	81.59
Jelly (Vaseline)	41.33 500ml	1 500ml	41.33
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	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	6.30 Tissue(s)	6 Tissue(s)	37.79
Lotion (Dawn)	32.20 400ml	1 400ml	32.20
<b>Subtotal</b>			<b>ZMW 3,865.76</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,051.88</b>

## (C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	243.400	Chamboli-Town	20.00
		Chimwemwe-Town	2000
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54
		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
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 25<sup>th</sup> 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\$396.17 based on the exchange rate of K17.80 Other costs would include personal care, clothing, recreation, etc.

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