

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	105.00 5kg	4kg	84.00
Cassava Flour	17.00 1kg	6kg	102.00
(Irish) Potatoes	16.78 1 Kg	4 Kg	67.12
Beans	37.00 1kg	3kg	111.00
Pounded Groundnut	50.00 1kg	1kg	50.00
Soya Pieces	45.56 1 kg	2kg	91.12
Beef	66.11 1kg	2kg	132.22
Chicken	105.00 2kg	5kg	262.50
Kapenta	243.99 1kg	1kg	243.99
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	444.34 40 Kg	40kg	444.34
Onion	24.00 1 Kg	4 Kg	96.00
Tomatoes	17.00 1 kg	6 kg	102.00
Banana	14.00 1 Kg	16 Kg	224.00
Other Fruits	23.00 1 kg	14 Kg	322.00
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	11.00 1 Kg	1 Kg	11.00
Tea	15.00 250g	250g	15.00
Sub Total			ZMW 3,285.49

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	213.17 90kg bag(s)	2 90kg bag(s)	426.34
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	18.00 400g	4 400g	72.00
Electricity (medium density)	311.00 Month(s)	1 Month(s)	311.00
Water & Sanitation (med - fixed)	252.00 Month(s)	1 Month(s)	252.00
Housing (3 bedroom)	2,550.00 Month(s)	1 Month(s)	2,550.00
Jelly (Vaseline)	40.00 500ml	1 500ml	40.00
Sanitary towels	21.89 Pack of 10	2 Pack of 10	43.78
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	28.00 400ml	1 400ml	28.00
Subtotal			ZMW 3,798.12
Total for Basic Needs and Nutrition Basket			ZMW 7,083.61

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
		Town- Ngunugu	14.00
	Town- Lukanga 12.00		
	Town-Makuluku 14.00		
School Uniform (Grades 8-12)	385.00		

Health

Fuel (cost at the pump, April 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.50
Diesel (per litre)	26.22

(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
9,326.41	4,929.03	5046.50	5,046.50	7,419.56	7,786.89	5,681.23	5821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6453.27

This survey was conducted on 25th April, 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 Kamanda Market, Katondo Market, Nakoli Market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Kabwe. The April Basic Needs and Nutrition Basket is approximately US\$418.16 based on the exchange rate of K16.94. Other costs would include personal care, clothing, recreation, etc.

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