

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	139.33 25 kg bag	2 x 25Kg	278.67
Rice	126.67 5kg	4kg	101.33
Cassava Flour	13.50 1kg	6kg	80.97
Potatoes (Irish)	18.32 1 Kg	4 Kg	73.28
Beans	32.05 1kg	3kg	96.15
Pounded Groundnut	49.23 1kg	1kg	49.23
Soya Pieces	43.86 1 kg	2kg	87.72
Beef	64.00 1kg	2kg	128.00
Chicken	110.00 2kg	5kg	275.00
Kapenta	253.33 1kg	1kg	253.33
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	13.67 500 ml	10 liters	273.33
Vegetables	469.39 40 Kg	40kg	469.39
Onion	22.44 1 Kg	4 Kg	89.76
Tomatoes	11.58 1 kg	6 kg	69.47
Banana	15.00 1 Kg	16 Kg	240.00
Other Fruits	22.00 1 kg	14 Kg	308.00
Cooking oil (2.5lts)	135.00 2.5lt	3.6lt	194.40
Salt	9.33 1 Kg	1 Kg	9.33
Tea	15.33 250g	250g	15.33
Sub Total			ZMW 3,272.70

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	217.50 90kg bag(s)	2 90kg bag(s)	435.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	17.00 400g	4 400g	68.00
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)	30.00 500ml	1 500ml	30.00
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	40.00 500ml	1 500ml	40.00
Subtotal			ZMW 3,788.00
Total for Basic Needs and Nutrition Basket			ZMW 7,060.70

(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, May 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64

(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26th May, 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\$ 411.22 based on the exchange rate of K17.17. Other costs would include personal care, clothing, recreation, etc.

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