

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	131.00 25 kg bag	2 x 25Kg	261.99
Rice	90.68 5kg	4kg	72.54
Cassava Flour	18.75 1kg	6kg	112.52
(Sweet) Potatoes	11.77 1 Kg	4 Kg	47.06
Beans	35.76 1kg	3kg	107.28
Pounded Groundnut	50.51 1kg	1kg	50.51
Soya Pieces	54.21 1 kg	2kg	108.42
Beef	67.33 1kg	2kg	134.66
Chicken	133.33 2kg	5kg	333.32
Kapenta	235.14 1kg	1kg	235.14
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	164.99
Milk (Fresh)	14.33 500 ml	10 liters	286.60
Vegetables	403.52 40 Kg	40kg	403.52
Onion	19.00 1 Kg	4 Kg	75.98
Tomatoes	13.62 1 kg	6 kg	81.72
Banana	18.60 1 Kg	16 Kg	297.63
Other Fruits	22.91 1 kg	14 Kg	320.70
Cooking oil (2.5lts)	138.33 2.5lt	3.6lt	199.20
Salt	17.00 1 Kg	1 Kg	17.00
Tea	20.00 250g	250g	20.00
SubTotal			ZMW 3,330.78

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	207.50 90kg bag(s)	2 90kg bag(s)	415.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
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
Wash soap (BOOM)	16.50 400g	4 400g	66.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	8.00 Tissue(s)	6 Tissue(s)	48.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 3858.40
Total for Basic Needs and Nutrition Basket			ZMW 7,189.18

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	243.400	Chamboli-Town	20.00
		Chimwemwe-Town	2000

Health

Transport (bus fare round

Item	Amount (ZMW)
Petrol (per litre)	24.15
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

(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 Chamboli market, Chisokone market, Chimwemwe market, Nakadoli and Shoprite Super market and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$ 418.70. based upon the exchange rate Of K17.17 other costs would include personal care, clothing, recreation, etc.

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