

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	138.98 25 kg bag	2 x 25Kg	277.96
Rice	125.99 5kg	4kg	100.79
Cassava Flour	14.00 1kg	6kg	84.00
(Sweet) Potatoes	13.00 1 Kg	4 Kg	52.00
Beans	30.99 1kg	3kg	92.97
Pounded Groundnut	49.78 1kg	1kg	49.78
Soya Pieces	42.49 1 kg	2kg	84.98
Beef	69.12 1kg	2kg	138.24
Chicken	115.00 2kg	5kg	287.50
Kapenta	250.00 1kg	1kg	250.00
Eggs	19.33 1 unit (10 eggs)	3 Trays (90 eggs)	174.00
Milk (Fresh)	13.45 500 ml	10 liters	269.00
Vegetables	504.98 40 Kg	40kg	504.98
Onion	21.43 1 Kg	4 Kg	85.72
Tomatoes	10.72 1 kg	6 kg	64.32
Banana	14.45 1 Kg	16 Kg	231.20
Other Fruits	20.00 1 kg	14 Kg	280.00
Cooking oil (2.5lts)	136.59 2.5lt	3.6lt	196.69
Salt	10.98 1 Kg	1 Kg	10.98
Tea	16.00 250g	250g	16.00
SubTotal			ZMW 3,251.11

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	220.00 90kg bag(s)	2 90kg bag(s)	440.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	18.50 400g	4 400g	74.00
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	28.00 Pack of 10	2 Pack of 10	56.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	40.00 500ml	1 500ml	40.00
Subtotal			ZMW 3,828.00
Total for Basic Needs and Nutrition Basket			ZMW 7,079.11

(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, June 2022)

Item	Amount (ZMW)
Petrol (per litre)	24.95
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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27th June, 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 June Basic Needs and Nutrition Basket is approximately US\$401.31 based on the exchange rate of K17.64 Other costs would include personal care, clothing, recreation, etc.

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