

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.60 25 kg bag	2 x 25Kg	273.20
Rice	123.72 5kg	4kg	98.98
Cassava Flour	17.11 1kg	6kg	102.66
(Irish) Potatoes	10.26 1 Kg	4 Kg	41.05
Beans	49.39 1kg	3kg	148.18
Pounded Groundnut	39.27 1kg	1kg	39.27
Soya Pieces	44.22 1 kg	2kg	88.45
Beef	64.40 1kg	2kg	128.80
Chicken	128.00 2kg	5kg	319.99
Kapenta	229.19 1kg	1kg	229.19
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	164.99
Milk (Fresh)	12.87 500 ml	10 liters	257.45
Vegetables	435.45 40 Kg	40kg	435.45
Onion	22.18 1 Kg	4 Kg	88.71
Tomatoes	10.05 1 kg	6 kg	60.27
Banana	13.85 1 Kg	16 Kg	221.53
Other Fruits	14.83 1 kg	14 Kg	207.58
Cooking oil (2.5lts)	133.80 2.5lt	3.6lt	192.67
Salt	13.66 1 Kg	1 Kg	13.66
Tea	22.00 250g	250g	22.00
Sub Total			ZMW 3,134.08

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	202.67 90kg bag(s)	2 90kg bag(s)	405.33
Soap (Lifebuoy/Champion)	15.33 Tablet(s)	3 Tablet(s)	45.99
Wash soap (BOOM)	17.00 400g	4 400g	67.98
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
Jelly (Vaseline)	40.25 500ml	1 500ml	40.25
Sanitary towels	21.00 Pack of 10	2 Pack of 10	41.99
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	39.50 400ml	1 400ml	39.50
Subtotal			ZMW 3,885.43
Total for Basic Needs and Nutrition Basket			ZMW 7,019.51

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round)	Item	Amount (ZMW)
School Uniform	243.40	Chamboli-Town		16.00
		Chimwemwe-Town		25.00

Health

Fuel (cost at the pump August, 2022)

Item	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87
Paraffin (per litre)	18.43

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25th August 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 August Basic Needs and Nutrition Basket is approximately US\$441.47 based upon the exchange rate of K15.90 other costs would include personal care, clothing, recreation, etc.

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