

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.25 25 kg bag	2 x 25Kg	272.50
Rice	128.46 5kg	4kg	102.76
Cassava Flour	17.44 1kg	6kg	104.66
(Irish) Potatoes	10.98 1 Kg	4 Kg	43.94
Beans	45.78 1kg	3kg	137.34
Pounded Groundnut	35.57 1kg	1kg	35.57
Soya Pieces	50.77 1 kg	2kg	101.55
Beef	67.00 1kg	2kg	134.00
Chicken	133.50 2kg	5kg	333.75
Kapenta	220.26 1kg	1kg	220.26
Eggs	17.78 1 unit (10 eggs)	3 Trays (90 eggs)	160.00
Milk (Fresh)	13.00 500 ml	10 liters	260.00
Vegetables	416.13 40 Kg	40kg	416.13
Onion	17.46 1 Kg	4 Kg	69.85
Tomatoes	11.13 1 kg	6 kg	66.77
Banana	15.63 1 Kg	16 Kg	250.00
Other Fruits	18.21 1 kg	14 Kg	254.97
Cooking oil (2.5lts)	116.67 2.5lt	3.6lt	168.00
Salt	12.00 1 Kg	1 Kg	12.00
Tea	20.00 250g	250g	20.00
Sub Total			ZMW 3,164.05

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	230.50 90kg bag(s)	2 90kg bag(s)	461.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	15.50 400g	4 400g	62.00
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
Jelly (Vaseline)	42.50 500ml	1 500ml	42.50
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	8.00 Tissue(s)	6 Tissue(s)	48.00
Lotion (Dawn)	39.00 400ml	1 400ml	39.00
Subtotal			ZMW 3,935.90
Total for Basic Needs and Nutrition Basket			ZMW 7,099.95

(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		20.00

Health

Fuel (cost at the pump Sept, 2022)

Item	Amount (ZMW)
Petrol (per litre)	21.54
Diesel (per litre)	23.12

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September 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 Kitwe. The September Basic Needs and Nutrition Basket is approximately US\$451.93 based upon the exchange rate of K15.71 other costs would include personal care, clothing, recreation, etc.

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