

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	141.00 25 kg bag	2 x 25Kg	282.00
Rice	123.50 5kg	4kg	98.80
Cassava Flour	22.99 1kg	6kg	137.94
(Irish) Potatoes	16.58 1 Kg	4 Kg	66.31
Beans	32.67 1kg	3kg	98.02
Pounded Groundnut	32.01 1kg	1kg	32.01
Soya Pieces	45.41 1 kg	2kg	90.82
Beef	63.25 1kg	2kg	126.50
Chicken	105.20 2kg	5kg	262.99
Kapenta	181.10 1kg	1kg	181.10
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	13.20 500 ml	10 liters	263.96
Vegetables	419.46 40 Kg	40kg	419.46
Onion	12.35 1 Kg	4 Kg	49.39
Tomatoes	7.59 1 kg	6 kg	45.53
Banana	19.65 1 Kg	16 Kg	314.46
Other Fruits	18.63 1 kg	14 Kg	260.76
Cooking oil (2.5lts)	121.00 2.5lt	3.6lt	174.24
Salt	8.50 1 Kg	1 Kg	8.50
Tea	29.50 250g	250g	29.50
Sub Total			ZMW 3,122.27

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	191.00 90kg bag(s)	2 90kg bag(s)	382.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	44.99
Wash soap (BOOM)	17.66 400g	4 400g	70.65
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)	58.00 500ml	1 500ml	58.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 3,762.64
Total for Basic Needs and Nutrition Basket			ZMW 6,884.91

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
		Town- Ngunugu	14.00
		Town- Lukanga	16.00
		Town-Makuluku	16.00
School Uniform (Grades 8-12)	385.00		

Health

Fuel (cost at the pump, Oct, 2022)

Item	Amount (ZMW)
Petrol (per litre)	22.74
Diesel (per litre)	26.16

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25th October 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 October Basic Needs and Nutrition Basket is approximately US\$412.02 based on the exchange rate of K16.71 other costs would include personal care, clothing, recreation, etc.

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