

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	138.75 25 kg bag	2 x 25Kg	277.50
Rice	133.31 5kg	4kg	106.65
Cassava Flour	31.50 1kg	6kg	188.97
Irish Potatoes	9.78 1 Kg	4 Kg	39.11
Beans	34.17 1kg	3kg	102.51
Pounded Groundnut	39.40 1kg	1kg	39.40
Soya Pieces	50.02 1 kg	2kg	100.05
Beef	59.66 1kg	2kg	119.33
Chicken	109.98 2kg	5kg	274.94
Kapenta	192.00 1kg	1kg	192.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	13.25 500 ml	10 liters	264.95
Vegetables	372.71 40 Kg	40kg	372.71
Onion	14.84 1 Kg	4 Kg	59.35
Tomatoes	15.73 1 kg	6 kg	94.40
Banana	21.35 1 Kg	16 Kg	341.60
Other Fruits	6.67 1 kg	14 Kg	93.40
Cooking oil (2.5lts)	118.25 2.5lt	3.6lt	170.28
Salt	11.25 1 Kg	1 Kg	11.25
Tea	32.50 250g	250g	32.50
SubTotal			ZMW 3,060.89

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	212.00 90kg bag(s)	2 90kg bag(s)	424.00
Soap (Lifebuoy/Champion)	16.12 Tablet(s)	3 Tablet(s)	48.37
Wash soap (BOOM)	18.00 400g	4 400g	71.99
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	20.50 Pack of 10	2 Pack of 10	41.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	29.99
Lotion (Dawn)	28.00 400ml	1 400ml	28.00
Subtotal			ZMW 3,814.35
Total for Basic Needs and Nutrition Basket			ZMW 6,875.24

(C) SOME OTHER ADDITIONAL COSTS

Education	Transport (bus fare round)	
	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)	24.31
	Diesel (per litre)	27.38
	Paraffin (per litre)	19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25th November, 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 Katondo, Poleni, Shoprite and Nakoli markets as well as Schools, clinics/hospitals, and filling stations around Kabwe. The November Basic Needs and Nutrition Basket is approximately US\$ 399.28 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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