

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	146.25 25 kg bag	2 x 25Kg	292.50
Rice	98.79 5kg	4kg	79.04
Cassava Flour	31.50 1kg	6kg	188.97
Irish Potatoes	16.11 1 Kg	4 Kg	64.44
Beans	37.93 1kg	3kg	113.79
Pounded Groundnut	40.94 1kg	1kg	40.94
Soya Pieces	47.31 1 kg	2kg	94.63
Beef	65.50 1kg	2kg	131.00
Chicken	97.00 2kg	5kg	242.49
Kapenta	378.77 1kg	1kg	378.77
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	12.50 500 ml	10 liters	249.98
Vegetables	383.47 40 Kg	40kg	383.47
Onion	14.07 1 Kg	4 Kg	56.27
Tomatoes	12.07 1 kg	6 kg	72.40
Banana	12.99 1 Kg	16 Kg	207.79
Other Fruits	8.41 1 kg	14 Kg	117.80
Cooking oil (2.5lts)	126.25 2.5lt	3.6lt	181.80
Salt	12.50 1 Kg	1 Kg	12.50
Tea	32.50 250g	250g	32.50
SubTotal			ZMW 3,121.04

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	326.67 90kg bag(s)	2 90kg bag(s)	653.33
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.49
Wash soap (BOOM)	17.75 400g	4 400g	70.99
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	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	4.75 Tissue(s)	6 Tissue(s)	28.49
Lotion (Dawn)	25.50 400ml	1 400ml	25.50
Subtotal			ZMW 4,029.80
Total for Basic Needs and Nutrition Basket			ZMW 7,150.84

(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		
Item	Amount (ZMW)	Item (Fuel pump prim, Dec 2022)	Amount (ZMW)
Registration (book)	5.00	Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25th December, 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 December Basic Needs and Nutrition Basket is approximately US\$ 397.93 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

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