

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.00 25 kg bag	2 x 25Kg	270.00
Rice	103.27 5kg	4kg	82.61
Cassava Flour	18.00 1kg	6kg	108.00
(Irish) Potatoes	17.84 1 Kg	4 Kg	71.38
Beans	35.01 1kg	3kg	105.00
Pounded Groundnut	56.25 1kg	1kg	56.25
Soya Pieces	47.30 1 kg	2kg	94.61
Beef	63.33 1kg	2kg	126.67
Chicken	100.00 2kg	5kg	250.00
Kapenta	249.22 1kg	1kg	249.22
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	13.25 500 ml	10 liters	264.95
Vegetables	423.51 40 Kg	40kg	423.51
Onion	26.71 1 Kg	4 Kg	106.83
Tomatoes	15.70 1 kg	6 kg	94.20
Banana	13.99 1 Kg	16 Kg	223.84
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	132.25 2.5lt	3.6lt	190.44
Salt	10.20 1 Kg	1 Kg	10.20
Tea	14.00 250g	250g	14.00
<b>Sub Total</b>			<b>ZMW 3,341.55</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	215.00 90kg bag(s)	2 90kg bag(s)	430.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	17.50 400g	4 400g	70.00
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	21.00 Pack of 10	2 Pack of 10	42.00
Toilet Paper (2ply)	4.33 Tissue(s)	6 Tissue(s)	26.00
Lotion (Dawn)	25.00 400ml	1 400ml	25.00
<b>Subtotal</b>			<b>ZMW 3.488.00</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,828.55</b>

## (C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)
Town- Ngunugu	14.00
Town- Lukanga	12.00
Town-Makuluku	14.00
School Uniform (Grades 8-12)	385.00

## **Health**

## **Fuel (cost at the pump)**

Item	Amount (ZMW)
Petrol (per litre)	21.96
Diesel (per litre)	21.54
Paraffin (per litre)	15.39

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

This survey was conducted on 25<sup>th</sup> January, 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 Marklet, Nakoli Market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Kabwe. The January Basic Needs and Nutrition Basket is approximately US\$387.98 based on the exchange rate of K17.60 other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre**

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