

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	136.50 25 kg bag	2 x 25Kg	273.00
Rice	115.80 5kg	4kg	92.64
Cassava Flour	11.65 1kg	6kg	69.91
(Irish) Potatoes	13.94 1 Kg	4 Kg	55.75
Beans	31.29 1kg	3kg	93.87
Pounded Groundnut	40.78 1kg	1kg	40.78
Soya Pieces	51.11 1 kg	2kg	102.23
Beef	75.00 1kg	2kg	150.00
Chicken	130.00 2kg	5kg	325.00
Kapenta	240.00 1kg	1kg	240.00
Eggs	16.67 1 unit (10 eggs)	3 Trays (90 eggs)	150.00
Milk (Fresh)	13.00 500 ml	10 liters	260.00
Vegetables	403.15 40 Kg	40kg	403.15
Onion	19.68 1 Kg	4 Kg	78.72
Tomatoes	15.89 1 kg	6 kg	95.37
Banana	18.32 1 Kg	16 Kg	293.10
Other Fruits	20.95 1 kg	14 Kg	293.27
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	9.00 1 Kg	1 Kg	9.00
Tea	15.50 250g	250g	15.50
Sub Total			ZMW 3,228.49

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	197.50 90kg bag(s)	2 90kg bag(s)	395.00
Soap (Lifebuoy/Champion)	13.00 Tablet(s)	3 Tablet(s)	39.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	37.50 400ml	1 400ml	37.50
Subtotal			ZMW 3,869.00
Total for Basic Needs and Nutrition Basket			ZMW 7,101.57

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Chamboli-Town	20.00
School Uniform	243.400	Chimwemwe-Town	2000
<i>Health</i>		<i>Fuel (cost at the pump March, 2022)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54

(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 25th 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 Chamboli market, Chisokone market, Chimwemwe market, Nakadoli and Shoprite Super market and Schools, clinics/hospitals, and filling stations around Lusaka. The January Basic Needs and Nutrition Basket is approximately US\$403.49 based on the exchange rate of K17.60 Other costs would include personal care, clothing, recreation, etc.

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