

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	120.54 5kg	4kg	96.43
Cassava Flour	16.12 1kg	6kg	96.72
(Sweet) Potatoes	15.00 1 Kg	4 Kg	60.00
Beans	36.00 1kg	3kg	108.00
Pounded Groundnut	45.00 1kg	1kg	45.00
Soya Pieces	45.73 1 kg	2kg	91.46
Beef	70.50 1kg	2kg	141.00
Chicken	118.60 2kg	5kg	296.50
Kapenta	245.66 1kg	1kg	245.66
Eggs	19.00 1 unit (10 eggs)	3 Trays (90 eggs)	171.00
Milk (Fresh)	14.00 500 ml	10 liters	280.00
Vegetables	491.11 40 Kg	40kg	491.11
Onion	18.66 1 Kg	4 Kg	74.64
Tomatoes	11.99 1 kg	6 kg	71.94
Banana	15.20 1 Kg	16 Kg	243.20
Other Fruits	18.77 1 kg	14 Kg	262.78
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	11.00 1 Kg	1 Kg	11.00
Tea	20.55 250g	250g	20.55
<b>Sub Total</b>			<b>ZMW 3,274.19</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	222.00 90kg bag(s)	2 90kg bag(s)	444.00
Soap (Lifebuoy/Champion)	17.00 Tablet(s)	3 Tablet(s)	51.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	35.67 500ml	1 500ml	35.67
Sanitary towels	28.50 Pack of 10	2 Pack of 10	57.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	45.00 400ml	1 400ml	45.00
<b>Subtotal</b>			<b>ZMW 3,855.67</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,129.86</b>

## (C) SOME OTHER ADDITIONAL COSTS

### Education

Item	Amount (ZMW)	Item	Amount (ZMW)
		Town- Ngunugu	15.50
		Town- Lukanga	13.50
		Town-Makuluku	15.50
School Uniform (Grades 8-12)	385.00		

### Health

### Fuel (cost at the pump, July, 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.75
Diesel (per litre)	28.01

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 25<sup>th</sup> July, 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 July Basic Needs and Nutrition Basket is approximately US\$428.47 based on the exchange rate of K16.64 other costs would include personal care, clothing, recreation, etc.

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