

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	138.00 25 kg bag	2 x 25Kg	276.00
Rice	96.45 5kg	4kg	77.16
Cassava Flour	15.00 1kg	6kg	90.00
(Sweet) Potatoes	12.56 1 Kg	4 Kg	50.24
Beans	31.23 1kg	3kg	93.69
Pounded Groundnut	45.34 1kg	1kg	45.34
Soya Pieces	50.23 1 kg	2kg	100.46
Beef	65.00 1kg	2kg	130.00
Chicken	135.00 2kg	5kg	337.50
Kapenta	230.77 1kg	1kg	230.77
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	400.00 40 Kg	40kg	400.00
Onion	20.11 1 Kg	4 Kg	80.44
Tomatoes	14.50 1 kg	6 kg	87.00
Banana	16.78 1 Kg	16 Kg	268.48
Other Fruits	17.00 1 kg	14 Kg	238.00
Cooking oil (2.5lts)	140.00 2.5lt	3.6lt	201.60
Salt	12.00 1 Kg	1 Kg	12.00
Tea	20.55 250g	250g	20.55
Sub Total			ZMW 3,229.23

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	212.99 90kg bag(s)	2 90kg bag(s)	425.98
Soap (Lifebuoy/Champion)	15.78 Tablet(s)	3 Tablet(s)	47.34
Wash soap (BOOM)	20.21 400g	4 400g	80.84
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	25.67 Pack of 10	2 Pack of 10	51.34
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	37.00 400ml	1 400ml	37.00
Subtotal			ZMW 3,677.50
Total for Basic Needs and Nutrition Basket			ZMW 6,906.73

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	243.400	Chamboli-Town	21.50
		Chimwemwe-Town	21.50

Health

Transport (bus fare round

Item	Amount (ZMW)
Fuel (cost at the pump July, 2022)	
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 25th 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 Chamboli market, Chisokone market, Chimwemwe market, Nakadoli and Shoprite Super market and Schools, clinics/hospitals, and filling stations around Lusaka. The July Basic Needs and Nutrition Basket is approximately US\$415.07 based upon the exchange rate of K16.64 other costs would include personal care, clothing, recreation, etc.

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