

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

August 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	279.99
Rice	125.75 5kg	4kg	100.60
Cassava Flour	15.00 1kg	6kg	89.97
(Sweet) Potatoes	10.75 1 Kg	4 Kg	43.00
Beans	40.13 1kg	3kg	120.39
Pounded Groundnut	30.33 1kg	1kg	30.33
Soya Pieces	44.08 1 kg	2kg	88.17
Beef	62.33 1kg	2kg	124.66
Chicken	110.00 2kg	5kg	275.00
Kapenta	265.68 1kg	1kg	265.68
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	185.99
Milk (Fresh)	14.00 500 ml	10 liters	279.93
Vegetables	490.76 40 Kg	40kg	490.76
Onion	19.00 1 Kg	4 Kg	76.01
Tomatoes	9.50 1 kg	6 kg	56.98
Banana	16.00 1 Kg	16 Kg	256.06
Other Fruits	23.59 1 kg	14 Kg	330.26
Cooking oil (2.5lts)	138.33 2.5lt	3.6lt	199.20
Salt	9.00 1 Kg	1 Kg	9.00
Tea	19.00 250g	250g	19.00
Sub Total			ZMW 3,320.97

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	215.50 90kg bag(s)	2 90kg bag(s)	431.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	17.00 400g	4 400g	68.00
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)	30.00 500ml	1 500ml	30.00
Sanitary towels	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 3,778.00
Total for Basic Needs and Nutrition Basket			ZMW 7,098.97

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)
School Uniform (Grades 8-12)	385.00

Transport (bus fare round trip)

Item	Amount (ZMW)
Town- Ngunugu	14.00
Town- Lukanga	16.00
Town-Makuluku	16.00

Health

Fuel (cost at the pump, August, 2022)

Item	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87

(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25th August, 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 August Basic Needs and Nutrition Basket is approximately US\$446.47 based on the exchange rate of K15.90 other costs would include personal care, clothing, recreation, etc.

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