

JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

September 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	117.50 5kg	4kg	94.00
Potato (Irish)	14.17 1 Kg	4 Kg	56.67
Beans	36.54 1kg	3kg	109.63
Pounded Groundnut	29.91 1kg	1kg	29.91
Soya Pieces	42.90 1 kg	2kg	85.81
Beef	58.33 1kg	2kg	116.67
Chicken	110.00 2kg	5kg	275.00
Kapenta	200.00 1kg	1kg	200.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	13.50 500 ml	10 liters	270.00
Vegetables	462.74 40 Kg	40kg	462.74
Onion	16.94 1 Kg	4 Kg	67.78
Tomatoes	6.40 1 kg	6 kg	38.41
Banana	13.33 1 Kg	16 Kg	213.33
Other Fruits	16.67 1 kg	14 Kg	233.33
Cooking oil (2.5lts)	115.00 2.5lt	3.6lt	165.60
Salt	8.00 1 Kg	1 Kg	8.00
Tea	30.00 250g	250g	30.00
Sub Total			ZMW 2,948.45

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	205.00 90kg bag(s)	2 90kg bag(s)	410.00
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)	50.00 500ml	1 500ml	50.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	24.00
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 3,777.00
Total for Basic Needs and Nutrition Basket			ZMW 6,725.45

(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, Sept, 2022)

Item	Amount (ZMW)
Petrol (per litre)	21.54
Diesel (per litre)	23.12
Paraffin (per litre)	16.71

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September, 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 September Basic Needs and Nutrition Basket is approximately US\$428.09 based on the exchange rate of K15.90 other costs would include personal care, clothing, recreation, etc.

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