**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Kabwe** **January** **2020**

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

**Commodity** **Price (ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Mealie Meal (Roller) 132.80 25 kg bag 2 x 25Kg 265.60

Rice 71.55 5kg 4kg 57.24

Cassava Flour 13.50 1kg 6kg 80.97

(Sweet) Potatoes 10.11 1 Kg 4 Kg 40.44

Beans 12.44 1kg 3kg 37.31

Pounded Groundnut 30.70 1kg 1kg 30.70

Soya Pieces 35.62 1 kg 2kg 71.24

Beef 43.99 1kg 2kg 87.98

Chicken 55.20 2kg 5kg 137.99

Kapenta 200.00 1kg 1kg 200.00

Eggs 11.83 1 unit (10 eggs) 3 Trays (90 eggs) 106.49

Milk (Fresh) 7.80 500 ml 10 liters 155.96

Vegetables 322.32 40 Kg 40kg 322.32

Onion 9.14 1 Kg 4 Kg 36.57

Tomatoes 7.87 1 kg 6 kg 47.22

Banana 12.19 1 Kg 16 Kg 194.99

Other Fruits 3.51 1 kg 14 Kg 49.18

Cooking oil (2.5lts) 58.70 2.5lt 3.6lt 84.53

Salt 7.40 1 Kg 1 Kg 7.40

**SubTotal** **ZMW 2,014.13**

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

**Commodity** **Price(ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Charcoal 110.25 90kg bag(s) 2 90kg bag(s) 220.50

Soap (Lifebuoy/Champion) 8.40 Tablet(s) 3 Tablet(s) 25.19

Wash soap (BOOM) 10.40 400g 4 400g 41.59

Jelly (Vaseline) 17.00 500ml 1 500ml 17.00

Electricity (medium density) 292.00 Month(s) 1 Month(s) 292.00

Water & Sanitation (med - fixed) 150.00 Month(s) 1 Month(s) 150.00

Housing (3 bedroom) 3,000.00 Month(s) 1 Month(s) 3,000.00

Sanitary towels 17.89 Pack of 10 2 Pack of 10 35.79

Toilet Paper (2ply) 8.39 Tissue(s) 6 Tissue(s) 50.33

Lotion (Dawn) 17.00 250ml 1 250ml 17.00

**Subtotal** **ZMW 3,849.40**

**Total for Basic Needs and Nutrition Basket** **ZMW 5,863.53**

**(C) SOME OTHER ADDITIONAL COSTS**

***Education*** ***Transport (bus fare round trip)***

**Item** **Amount (ZMW)**

Grades 1-7 (User + PTA/year) 150.00

Grades 8-9 (User + PTA/year) 600.00

Grades 10-12 (User + PTA/year) 600.00

School Uniform (Grades 8-12) 1,100.00

***Health*** ***Fuel (cost at the pump)***

**item** **Amount (ZMW)** **Item** **Amount (ZMW)**

Self-referral (Emergency Fee) 25.00 Petrol (per litre) 17.62

Malaria test 25.00 Diesel (per litre) 15.59

Paraffin (per litre) 15.39

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lusaka | Kasama | Mansa | Mongu | Ndola | Solwezi | Monze | Chipata | Mpika | Luanshya | Kitwe | Kabwe | Livingstone | Choma | Chinsali | Mazabuka |
| 7,410.96 | 3,801.29 | 3,658.82 | 3,927.78 | 5,870.13 | 4,984.47 | 5,558.42 | 4,269.48 | 3,732.43 | 4,914.74 | 5,095.38 | 5,863.53 | 5,242.63 | 4,602.95 | 4,863.79 | 4,923.41 |

**Compositions of vegetables and fruits**

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples and Oranges.

This survey was conducted on 27th January, 2020 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, katondo, nakoli, lukanga, polen and shoprite. The January Basic Needs Basket is approximately US$403 based upon the exchange rate of K14.56 prevailing on the days of data collection. Please note that other monthly costs would personal care, clothing, recreation, etc.

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