

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

November 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.33 25 kg bag	2 x 25Kg	264.67
Rice	73.20 5kg	4kg	58.56
Cassava Flour	7.69 1kg	6kg	46.15
(Sweet) Potatoes	5.82 1 Kg	4 Kg	23.28
Beans	19.24 1kg	3kg	57.73
Pounded Groundnut	24.45 1kg	1kg	24.45
Soya Pieces	25.42 1 kg	2kg	50.83
Beef	41.50 1kg	2kg	83.00
Chicken	50.00 2kg	5kg	125.00
Kapenta	120.00 1kg	1kg	120.00
Eggs	10.42 1 unit (10 eggs)	3 Trays (90 eggs)	93.75
Milk (Fresh)	7.50 500 ml	10 liters	150.00
Vegetables	277.03 40 Kg	40kg	277.03
Onion	13.49 1 Kg	4 Kg	53.95
Tomatoes	7.16 1 kg	6 kg	42.94
Banana	8.86 1 Kg	16 Kg	141.71
Other Fruits	3.89 1 kg	14 Kg	54.42
Cooking oil (2.5lts)	56.83 2.5lt	3.6lt	81.84
Salt	7.17 1 Kg	1 Kg	7.17
<b>Subtotal</b>			<b>ZMW 1,756.48</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	111.60 90kg bag(s)	2 90kg bag(s)	223.20
Soap (Lifebuoy/Champion)	8.33 Tablet(s)	3 Tablet(s)	25.00
Wash soap (BOOM)	10.00 400ml	4 400ml	40.00
Wash soap (BOOM)	10.40 400g	4 400g	41.60
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	24.40 Pack of 10	2 Pack of 10	48.80
Toilet Paper (2ply)	10.60 Tissue(s)	6 Tissue(s)	63.60
Lotion (Dawn)	17.50 250ml	1 250ml	17.50
<b>Subtotal</b>			<b>ZMW 3,918.70</b>
<b>Total for Basic Needs Basket</b>			<b>ZMW 5,675.18</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	15.98
Malaria test	25.00	Diesel (per litre)	14.23
		Paraffin (per litre)	13.02

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

#### **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 27<sup>th</sup> November, 2019 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 November 2019 Basic Needs Basket is approximately US\$387 based upon the exchange rate of K14.65 per US\$ prevailing on the days of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.*

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