

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

January 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	144.60 25 kg bag	2 x 25Kg	289.20
Rice	53.14 5kg	4kg	42.51
Cassava Flour	9.66 1kg	6kg	57.94
(Sweet) Potatoes	9.17 1 Kg	4 Kg	36.68
Beans	20.01 1kg	3kg	60.02
Pounded Groundnut	18.70 1kg	1kg	18.70
Soya Pieces	23.85 1 kg	2kg	47.70
Beef	41.63 1kg	2kg	83.25
Chicken	80.80 2kg	5kg	201.99
Kapenta	261.05 1kg	1kg	261.05
Eggs	10.13 1 unit (10 eggs)	3 Trays (90 eggs)	91.19
Milk (Fresh)	8.60 500 ml	10 liters	171.96
Vegetables	342.58 40 Kg	40kg	342.58
Onion	11.73 1 Kg	4 Kg	46.94
Tomatoes	11.27 1 kg	6 kg	67.59
Banana	6.94 1 Kg	16 Kg	111.09
Other Fruits	12.47 1 kg	14 Kg	174.56
Cooking oil (2.5lts)	56.70 2.5lt	3.6lt	81.65
Salt	10.00 1 Kg	1 Kg	10.00
SubTotal			ZMW 2,196.59

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	144.00 90kg bag(s)	2 90kg bag(s)	288.00
Soap (Lifebuoy/Champion)	8.10 Tablet(s)	3 Tablet(s)	24.29
Wash soap (BOOM)	10.00 400g	4 400g	39.99
Jelly (Vaseline)	24.88 500ml	1 500ml	24.88
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	300.00 Month(s)	1 Month(s)	300.00
Housing (3 bedroom)	1,800.00 Month(s)	1 Month(s)	1,800.00
Sanitary towels	13.60 Pack of 10	2 Pack of 10	27.20
Toilet Paper (2ply)	5.14 Tissue(s)	6 Tissue(s)	30.84
Lotion (Dawn)	13.60 250ml	1 250ml	13.60
Subtotal			ZMW 2,898.80
Total for Basic Needs and Nutrition Basket			ZMW 5,095.38

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	600.00	Chamboli-Town	8.00
Grades 10-12 (User + PTA/year)	600.00	Chimwemwe-Town	8.00
Health		Fuel (cost at the pump)	
		Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.50

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

This survey was conducted on 27th December, 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainta, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$442 based upon the exchange rate Of K14.65. Other costs would include personal care, clothing, recreation, etc.

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