

# 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
<b>SubTotal</b>			<b>ZMW 2,196.59</b>

## (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
<b>Subtotal</b>			<b>ZMW 2,898.80</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 5,095.38**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
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
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	17.62
Malaria test	20.00	Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

## (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
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

**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 surveys conducted at Chamboli Market, Nakadoli Market, Chimwemwe Market, Chisokone Market and Town Centre Shoprite. The January Basic Needs Basket is approximately US\$350 based upon the exchange rate of K14.56. Other costs would include personal care, clothing, recreation, etc.

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