

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

November 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	139.00 25 kg bag	2 x 25Kg	278.00
Rice	149.74 5kg	4kg	119.80
Cassava Flour	8.83 1kg	6kg	52.98
Irish Potatoes	15.33 1 Kg	4 Kg	61.33
Beans	21.22 1kg	3kg	63.66
Pounded Groundnut	31.19 1kg	1kg	31.19
Soya Pieces	50.49 1 kg	2kg	100.99
Beef	79.00 1kg	2kg	158.00
Chicken	98.50 2kg	5kg	246.25
Kapenta	230.00 1kg	1kg	230.00
Eggs	18.08 1 unit (10 eggs)	3 Trays (90 eggs)	162.75
Milk (Fresh)	14.75 500 ml	10 liters	295.00
Vegetables	324.33 40 Kg	40kg	324.33
Onion	12.49 1 Kg	4 Kg	49.96
Tomatoes	18.73 1 kg	6 kg	112.40
Banana	15.84 1 Kg	16 Kg	253.38
Other Fruits	8.20 1 kg	14 Kg	114.75
Cooking oil (2.5lts)	110.00 2.5lt	3.6lt	158.40
Salt	9.97 1 Kg	1 Kg	9.97
Tea	26.75 250g	250g	26.75
<b>SubTotal</b>			<b>ZMW 2,849.89</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	168.00 90kg bag(s)	2 90kg bag(s)	336.00
Soap (Lifebuoy/Champion)	15.75 Tablet(s)	3 Tablet(s)	47.25
Wash soap (BOOM)	14.67 400g	4 400g	58.67
Electricity (medium density)	346.00 Month(s)	1 Month(s)	346.00
Water & Sanitation (med - fixed)	243.40 Month(s)	1 Month(s)	243.40.
Housing (3 bedroom)	2,616.00 Month(s)	1 Month(s)	2,616.00
Jelly (Vaseline)	36.00 250ml	1 250ml	36.00
Sanitary towels	18.00 Pack of 10	2 Pack of 10	36.00
Toilet Paper (2ply)	10.50 Tissue(s)	6 Tissue(s)	63.00
Lotion (Dawn)	29.50 400ml	1 400ml	29.50
<b>Subtotal</b>			<b>ZMW 3,811.82</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,661.71</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Chamboli-Town	16.00
School Uniform	243.40	Chimwemwe-Town	20.00
<i>Health</i>		<i>Fuel (cost at the pump Sept, 2022)</i>	
		Item	Amount (ZMW)
		Petrol (per litre)	24.31
		Diesel (per litre)	27.38
		Paraffin (per litre)	19.23

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,964.00	5,283.36	6,048.30	6,875.24	4,404.10	6,661.71	6,366.17	8,567.20	5,910.60	4,402.59	6,059.26	4,952.20	5,603.29	5,935.08	7,275.24	8,129.49

This survey was conducted on 25<sup>th</sup> November, 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 Nakadoli, Chamboli, Shoprite, Chisokone and Chimwemwe markets as well as Schools, clinics/hospitals, and filling stations around Kitwe. The November Basic Needs and Nutrition Basket is approximately US\$ 386.88 based on the exchange rate of K 17.22 other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

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2022-11-30

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