

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

January 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	120.00 25 kg bag	2 x 25Kg	240.00
Rice	133.60 5kg	4kg	106.88
Cassava Flour	17.25 1kg	6kg	103.49
(Irish) Potatoes	41.97 1 Kg	4 Kg	167.87
Beans	38.12 1kg	3kg	114.36
Pounded Groundnut	39.18 1kg	1kg	39.18
Soya Pieces	57.66 1 kg	2kg	115.32
Beef	72.80 1kg	2kg	145.60
Chicken	133.00 2kg	5kg	332.50
Kapenta	254.91 1kg	1kg	254.91
Eggs	20.27 1 unit (10 eggs)	3 Trays (90 eggs)	182.39
Milk (Fresh)	14.40 500 ml	10 liters	288.00
Vegetables	398.42 40 Kg	40kg	398.42
Onion	21.15 1 Kg	4 Kg	84.59
Tomatoes	12.33 1 kg	6 kg	73.99
Banana	9.50 1 Kg	16 Kg	151.92
Other Fruits	14.96 1 kg	14 Kg	209.44
Cooking oil (2.5lts)	111.00 2.5lt	3.6lt	159.84
Salt	16.25 1 Kg	1 Kg	16.25
Tea	28.00 250g	250g	28.00
<b>Sub Total</b>			<b>ZMW 3,003.52</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	202.50 90kg bag(s)	2 90kg bag(s)	405.00
Soap (Lifebuoy/Champion)	13.25 Tablet(s)	3 Tablet(s)	39.75
Wash soap (BOOM)	18.80 400g	4 400g	46.40
Jelly (Vaseline)	40.80 500ml	1 500ml	40.80
Electricity (medium density)	311.00 Month(s)	1 Month(s)	311.00
Water & Sanitation (med - fixed)	252.00 Month(s)	1 Month(s)	252.00
Housing (3 bedroom)	2,550.00 Month(s)	1 Month(s)	2,550.00
Sanitary towels	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	30.00 500ml	1 500ml	30.00
<b>Subtotal</b>			<b>ZMW 3,767.28</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,770.80</b>

## (C) SOME OTHER ADDITIONAL COSTS

Education	Item	Amount (ZMW)
	<i>Transport (bus fare round)</i>	
Item	Town- Ngunugu	14.00
	Town- Lukanga	12.00
	Town-Makuluku	14.00
School Uniform (Grades 8-12)		385.00
<b>Health</b>	<i>Fuel (cost at the pump)</i>	
	Item	Amount (ZMW)
	Petrol (per litre)	19.84
	Diesel (per litre)	18.93
	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
9,049.25	4,565.16	5,083.38	5,307.38	7,239.43	7,634.44	5,316.32	6,284.07	5,443.14	6,017.50	6,811.90	6,770.80	5,982.51	5,535.33	5,071.74	6,216.69

This survey was conducted on 25<sup>th</sup> January, 2022 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 Market, Katondo Market, Nakoli Market and Shoprite Super market and Schools, Clinics/hospitals, and filling stations around Kabwe. The January Basic Needs and Nutrition Basket is approximately US\$368.58 based on the exchange rate of K18.37. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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<https://repository.jctr.org.zm>

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