

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	113.95 5kg	4kg	91.16
Cassava Flour	12.00 1kg	6kg	72.00
(Irish) Potatoes	14.11 1 Kg	4 Kg	56.44
Beans	33.00 1kg	3kg	99.00
Pounded Groundnut	41.00 1kg	1kg	41.00
Soya Pieces	50.99 1 kg	2kg	101.98
Beef	73.21 1kg	2kg	146.42
Chicken	128.99 2kg	5kg	322.48
Kapenta	245.11 1kg	1kg	245.11
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	422.22 40 Kg	40kg	422.22
Onion	20.00 1 Kg	4 Kg	80.00
Tomatoes	16.00 1 kg	6 kg	96.00
Banana	19.88 1 Kg	16 Kg	318.08
Other Fruits	18.99 1 kg	14 Kg	265.86
Cooking oil (2.5lts)	130.23 2.5lt	3.6lt	187.53
Salt	10.00 1 Kg	1 Kg	10.00
Tea	16.00 250g	250g	16.00
<b>Sub Total</b>			<b>ZMW 3,331.28</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	200.00 90kg bag(s)	2 90kg bag(s)	400.00
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	21.00 400g	4 400g	84.00
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)	40.00 500ml	1 500ml	40.00
Sanitary towels	21.00 Pack of 10	2 Pack of 10	42.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.45 400ml	1 400ml	35.45
<b>Subtotal</b>			<b>ZMW 3,878.85</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,210.13</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform	243.400

### **Transport (bus fare round**

Item	Amount (ZMW)
Chamboli-Town	20.00
Chimwemwe-Town	2000

### **Health**

### **Fuel (cost at the pump March, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	26.50
Diesel (per litre)	26.22
Paraffin (per litre)	19.32

**(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
9,326.41	4,929.03	5,046.50	5,046.50	7,419.56	7,786.89	5,681.23	5,821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6,453.27

This survey was conducted on 25th April 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 Chamboli market, Chisokone market, Chimwemwe market, Nakadoli and Shoprite Super market and Schools, clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$425.62. based upon the exchange rate Of K16.94 other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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