

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	134.89 25 kg bag	2 x 25Kg	269.78
Rice	93.78 5kg	4kg	75.02
Cassava Flour	19.00 1kg	6kg	114.00
(Sweet) Potatoes	10.00 1 Kg	4 Kg	40.00
Beans	34.90 1kg	3kg	104.70
Pounded Groundnut	48.89 1kg	1kg	48.89
Soya Pieces	53.78 1 kg	2kg	107.56
Beef	69.03 1kg	2kg	138.06
Chicken	135.40 2kg	5kg	338.50
Kapenta	234.19 1kg	1kg	234.19
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	15.00 500 ml	10 liters	300.00
Vegetables	376.80 40 Kg	40kg	376.80
Onion	19.00 1 Kg	4 Kg	76.00
Tomatoes	12.50 1 kg	6 kg	75.00
Banana	20.00 1 Kg	16 Kg	320.00
Other Fruits	19.00 1 kg	14 Kg	266.00
Cooking oil (2.5lts)	145.98 2.5lt	3.6lt	210.21
Salt	18.00 1 Kg	1 Kg	18.00
Tea	20.00 250g	250g	20.00
<b>SubTotal</b>			<b>ZMW 3,297.71</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	210.00 90kg bag(s)	2 90kg bag(s)	420.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
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
Wash soap (BOOM)	18.50 400g	4 400g	74.00
Sanitary towels	23.00 Pack of 10	2 Pack of 10	46.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 3,864.40</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,162.11</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	20.00

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	24.95
Diesel (per litre)	25.64
Paraffin (per litre)	18.76

**(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27<sup>th</sup> June 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 June Basic Needs and Nutrition Basket is approximately US\$ 406.01 based upon the exchange rate Of K17.64 other costs would include personal care, clothing, recreation, etc.

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**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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

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2022-06-30

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