

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

April 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	122.20 25 kg bag	2 x 25Kg	244.40
Rice	107.02 5kg	4kg	85.61
Cassava Flour	19.94 1kg	6kg	119.62
(Sweet) Potatoes	9.79 1 Kg	4 Kg	39.16
Beans	30.46 1kg	3kg	91.37
Pounded Groundnut	49.02 1kg	1kg	49.02
Soya Pieces	63.78 1 kg	2kg	127.55
Beef	53.00 1kg	2kg	106.00
Chicken	106.00 2kg	5kg	265.00
Kapenta	142.62 1kg	1kg	142.62
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	182.99
Milk (Fresh)	13.88 500 ml	10 liters	277.50
Vegetables	439.35 40 Kg	40kg	439.35
Onion	58.54 1 Kg	4 Kg	234.15
Tomatoes	20.84 1 kg	6 kg	125.01
Banana	14.33 1 Kg	16 Kg	229.26
Cooking oil (2.5lts)	138.20 2.5lt	3.6lt	199.01
Salt	12.60 1 Kg	1 Kg	12.60
Tea	22.75 250g	250g	22.75
<b>SubTotal</b>			<b>ZMW 2,992.98</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	384.00 90kg bag(s)	2 90kg bag(s)	768.00
Soap (Lifebuoy/Champion)	12.70 Tablet(s)	3 Tablet(s)	38.09
Wash soap (BOOM)	14.50 400g	4 400g	46.39
Jelly (Vaseline)	26.80 500ml	1 500ml	26.80
Electricity (medium density)	323.20 Month(s)	1 Month(s)	323.20
Water & Sanitation (med - fixed)	239.76 Month(s)	1 Month(s)	239.76
Housing (3 bedroom)	2,428.00 Month(s)	1 Month(s)	2,428.00
Sanitary towels	14.90 Pack of 10	2 Pack of 10	29.80
Toilet Paper (2ply)	5.87 Tissue(s)	6 Tissue(s)	35.24
Lotion (Dawn)	27.33 400ml	1 400ml	27.33
<b>Subtotal</b>			<b>ZMW 3,962.61</b>

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

**ZMW 6,955.58**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 10-12 (User + PTA/year)	200.00	Chamboli-Town	14.00
School Uniform	200.00	Chimwemwe-Town	14.00
<u>Health</u>		<u>Fuel (cost at the pump)</u>	
		Item	Amount (ZMW)
		Petrol (per litre)	17.62
		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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

### Compositions of vegetables and fruits

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, Guavas and Oranges.

This survey was conducted on 27<sup>th</sup> April, 2021 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 April Basic Needs Basket is approximately US\$312 based upon the exchange rate Of K22.29 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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2021-04-30

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