

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

August 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	108.25 25 kg bag	2 x 25Kg	216.50
Rice	154.11 5kg	4kg	123.29
Cassava Flour	15.29 1kg	6kg	91.72
(Sweet) Potatoes	7.01 1 Kg	4 Kg	28.05
Beans	27.29 1kg	3kg	81.86
Pounded Groundnut	42.40 1kg	1kg	42.40
Soya Pieces	27.62 1 kg	2kg	55.24
Beef	38.00 1kg	2kg	76.00
Chicken	79.60 2kg	5kg	198.99
Kapenta	173.58 1kg	1kg	173.58
Eggs	14.89 1 unit (10 eggs)	3 Trays (90 eggs)	133.99
Milk (Fresh)	9.10 500 ml	10 liters	181.96
Vegetables	410.26 40 Kg	40kg	410.26
Onion	18.43 1 Kg	4 Kg	73.72
Tomatoes	9.84 1 kg	6 kg	59.01
Banana	15.67 1 Kg	16 Kg	250.77
Other Fruits	23.02 1 kg	14 Kg	322.34
Cooking oil (2.5lts)	90.80 2.5lt	3.6lt	130.75
Salt	13.06 1 Kg	1 Kg	13.06
<b>SubTotal</b>			<b>ZMW 2,663.47</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	182.00 90kg bag(s)	2 90kg bag(s)	364.00
Soap (Lifebuoy/Champion)	10.10 Tablet(s)	3 Tablet(s)	30.29
Wash soap (BOOM)	11.00 400g	4 400g	43.99
Jelly (Vaseline)	24.40 500ml	1 500ml	24.40
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	300.00 Month(s)	1 Month(s)	300.00
Housing (3 bedroom)	2,500.00 Month(s)	1 Month(s)	2,500.00
Sanitary towels	14.20 Pack of 10	2 Pack of 10	28.40
Toilet Paper (2ply)	6.30 Tissue(s)	6 Tissue(s)	37.80
Lotion (Dawn)	22.90 250ml	1 250ml	22.90
<b>Subtotal</b>			<b>ZMW 3,701.78</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,365.25</b>

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<u>Transport (bus fare round)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	200.00	Chamboli-Town	16.00
Grades 10-12 (User + PTA/year)	200.00	Chimwemwe-Town	16.00

<u>Health</u>		<u>Fuel (cost at the pump)</u>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Paraffin (per litre)	15.62

## (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
7,178.22	3,925.74	4,132.91	3,997.46	5,863.97	6,744.04	5,213.87	6,170.87	4,111.28	5,511.70	6,365.25	6,429.82	5,573.92	4,709.50	4,712.75	5,261.18

### 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 27th August, 2020 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 August Basic Needs Basket is approximately US\$328.492 based upon the exchange rate of K19.3772. Other costs would include personal care, clothing, recreation, etc.

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

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2020-08-31

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