

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Irish Potatoes			
Mealie Meal (Roller)	146.00 25 kg bag	2 x 25Kg	292.00
Rice	175.31 5kg	4kg	140.25
Cassava Flour	16.21 1kg	6kg	97.26
Irish Potatoes	12.24 1 Kg	4 Kg	48.96
Beans	33.49 1kg	3kg	100.47
Pounded Groundnut	49.38 1kg	1kg	49.38
Soya Pieces	56.35 1 kg	2kg	112.70
Beef	75.80 1kg	2kg	151.60
Chicken	105.60 2kg	5kg	263.99
Kapenta	294.46 1kg	1kg	294.46
Eggs	18.60 1 unit (10 eggs)	3 Trays (90 eggs)	167.39
Milk (Fresh)	11.00 500 ml	10 liters	219.96
Vegetables	547.81 40 Kg	40kg	547.81
Onion	15.38 1 Kg	4 Kg	61.53
Tomatoes	11.81 1 kg	6 kg	70.83
Banana	15.91 1 Kg	16 Kg	254.52
Other Fruits	37.80 1 kg	14 Kg	529.15
Cooking oil (2.5lts)	98.90 2.5lt	3.6lt	142.41
Salt	14.40 1 Kg	1 Kg	14.40
Tea	44.25 250g	250g	44.25
SubTotal			ZMW 3,603.32

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	270.00 90kg bag(s)	2 90kg bag(s)	540.00
Soap (Lifebuoy/Champion)	14.80 Tablet(s)	3 Tablet(s)	44.39
Wash soap (BOOM)	15.25 400g	4 400g	60.99
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)	37.00 500ml	1 500ml	37.00
Sanitary towels	19.20 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	4.40 Tissue(s)	6 Tissue(s)	26.39
Lotion (Dawn)	29.90 400ml	1 400ml	29.90
Subtotal			ZMW 3,993.66

Total for Basic Needs and Nutrition Basket

ZMW 7,596.98

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	243.40	Chamboli-Town	16.00
		Chimwemwe-Town	20.00

<i>Health</i>		<i>Fuel (cost at the pump, Jan 2023)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	24.49
		Diesel (per litre)	26.44
		Paraffin (per litre)	19.98

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 27th January, 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 Nakadoli, Chamboli, Shoprite, Chisokone and Chimwemwe markets as well as Schools, clinics/hospitals, and filling stations around Kitwe. The Basic Needs and Nutrition Basket is approximately US\$ 400.90 based on the exchange rate of K 18.95 other costs would include personal care, clothing, recreation,

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Reports

Advocacy on Living Conditions

2023-01-31

Kitwe January 2023 Basic Needs and Nutrition Basket Report

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