

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kabwe**

**January 2023**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	175.00 25 kg bag	2 x 25Kg	350.00
Rice	123.82 5kg	4kg	99.06
Cassava Flour	21.50 1kg	6kg	128.97
Irish Potatoes	14.98 1 Kg	4 Kg	59.93
Beans	35.95 1kg	3kg	107.84
Pounded Groundnut	41.44 1kg	1kg	41.44
Soya Pieces	48.30 1 kg	2kg	96.60
Beef	64.50 1kg	2kg	129.00
Chicken	115.00 2kg	5kg	287.49
Kapenta	352.74 1kg	1kg	352.74
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	14.00 500 ml	10 liters	279.95
Vegetables	441.81 40 Kg	40kg	441.81
Onion	14.07 1 Kg	4 Kg	56.27
Tomatoes	12.72 1 kg	6 kg	76.33
Banana	13.37 1 Kg	16 Kg	213.94
Other Fruits	9.42 1 kg	14 Kg	131.84
Cooking oil (2.5lts)	121.25 2.5lt	3.6lt	174.60
Salt	12.50 1 kg	1 Kg	12.50
Tea	31.25 250g	250g	31.25
<b>SubTotal</b>			<b>ZMW 3,251.51</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	204.00 90kg bag(s)	2 90kg bag(s)	408.00
Soap (Lifebuoy/Champion)	15.50 Tablet(s)	3 Tablet(s)	46.49
Wash soap (BOOM)	17.75 400g	4 400g	70.99
Electricity (medium density)	311.00 Month(s)	1 Month(s)	311.00
Water & Sanitation (med - fixed)	252.00 Month(s)	1 Month(s)	252.00
Housing (3 bedroom)	2,550.00 Month(s)	1 Month(s)	2,550.00
Jelly (Vaseline)	19.00 500ml	1 500ml	19.00
Sanitary towels	19.50 Pack of 10	2 Pack of 10	39.00
Toilet Paper (2ply)	4.75 Tissue(s)	6 Tissue(s)	28.49
Lotion (Dawn)	25.50 400ml	1 400ml	25.50
<b>Subtotal</b>			<b>ZMW 3,750.47</b>

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

**ZMW 7,001.98**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
		Town- Ngunugu	14.00
		Town- Lukanga	16.00
		Town-Makuluku	16.00
School Uniform (Grades 8-12)	385.00		
<b>Item</b>	<b>Amount (ZMW)</b>	<b>Item (Fuel pump prim, January 2023)</b>	<b>Amount (ZMW)</b>
		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 25<sup>th</sup> 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 Katondo, Poleni, Shoprite and Nakoli markets as well as Schools, clinics/hospitals, and filling stations around Kabwe. The Basic Needs and Nutrition Basket is approximately US\$ 369.49 based on the exchange rate of K K18.95. other costs would include personal care, clothing, recreation, etc.

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Reports

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# Kabwe January 2023 Basic Needs and Nutrition Basket Report

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