

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.00 25 kg bag	2 x 25Kg	290.00
Rice	182.88 5kg	4kg	146.30
Cassava Flour	11.37 1kg	6kg	68.20
Irish Potatoes	13.61 1 Kg	4 Kg	54.46
Beans	37.09 1kg	3kg	111.27
Pounded Groundnut	60.80 1kg	1kg	60.80
Soya Pieces	52.24 1 kg	2kg	104.48
Beef	71.60 1kg	2kg	143.20
Chicken	107.60 2kg	5kg	268.99
Kapenta	351.26 1kg	1kg	351.26
Eggs	18.80 1 unit (10 eggs)	3 Trays (90 eggs)	169.19
Milk (Fresh)	11.60 500 ml	10 liters	231.96
Vegetables	339.88 40 Kg	40kg	339.88
Onion	24.85 1 Kg	4 Kg	99.39
Tomatoes	18.40 1 kg	6 kg	110.40
Banana	11.28 1 Kg	16 Kg	180.45
Other Fruits	40.05 1 kg	14 Kg	560.64
Cooking oil (2.5lts)	103.30 2.5lt	3.6lt	148.75
Salt	18.10 1 Kg	1 Kg	18.10
Tea	42.60 250g	250g	42.60
<b>SubTotal</b>			<b>ZMW 3,500.31</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	283.00 90kg bag(s)	2 90kg bag(s)	566.00
Soap (Lifebuoy/Champion)	14.40 Tablet(s)	3 Tablet(s)	43.19
Wash soap (BOOM)	18.60 400g	4 400g	74.39
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)	35.80 500ml	1 500ml	35.80
Sanitary towels	18.60 Pack of 10	2 Pack of 10	37.20
Toilet Paper (2ply)	4.60 Tissue(s)	6 Tissue(s)	27.59
Lotion (Dawn)	29.70 400ml	1 400ml	29.70
<b>Subtotal</b>			<b>ZMW 4,019.27</b>

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

**ZMW 7,519.58**

## (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, Feb 2023)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Registration (book)		Petrol (per litre)	27.22
		Diesel (per litre)	29.25
		Paraffin (per litre)	22.29

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6558.18	6,269.85	7,761.83	8038.24

This survey was conducted on 27<sup>th</sup> February, 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\$ 380.55 based on the exchange rate of K 19.76 other costs would include personal care, clothing, recreation,

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# Kitwe February 2023 Basic Needs and Nutrition Basket Report

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