

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	159.00 25 kg bag	2 x 25Kg	318.00
Rice	140.00 5kg	4kg	112.00
Cassava Flour	15.00 1kg	6kg	89.97
Irish Potatoes	16.16 1 Kg	4 Kg	64.65
Beans	39.85 1kg	3kg	119.56
Pounded Groundnut	43.98 1kg	1kg	43.98
Soya Pieces	49.29 1 kg	2kg	98.58
Beef	62.00 1kg	2kg	124.00
Chicken	101.50 2kg	5kg	253.74
Kapenta	346.58 1kg	1kg	346.58
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	179.99
Milk (Fresh)	13.87 500 ml	10 liters	277.45
Vegetables	414.24 40 Kg	40kg	414.24
Onion	19.25 1 Kg	4 Kg	77.01
Tomatoes	12.33 1 kg	6 kg	73.96
Banana	12.37 1 Kg	16 Kg	197.94
Other Fruits	29.99 1 kg	14 Kg	419.86
Cooking oil (2.5lts)	111.25 2.5lt	3.6lt	160.20
Salt	12.87 1 Kg	1 Kg	12.87
Tea	28.75 250g	250g	28.75
<b>SubTotal</b>			<b>ZMW 3,413.31</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	234.00 90kg bag(s)	2 90kg bag(s)	468.00
Soap (Lifebuoy/Champion)	15.37 Tablet(s)	3 Tablet(s)	46.12
Wash soap (BOOM)	18.25 400g	4 400g	72.99
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)	18.50 500ml	1 500ml	18.50
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	29.99
Lotion (Dawn)	28.00 400ml	1 400ml	28.00
<b>Subtotal</b>			<b>ZMW 3,815.61</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,228.92</b>

## (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, February 2023)</b>	<b>Amount (ZMW)</b>
		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 25<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 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\$ 365.84 based on the exchange rate of K 19.76. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

**<https://repository.jctr.org.zm>**

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# Kabwe February 2023 Basic Needs and Nutrition Basket Report

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