

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	102.80 25 kg bag	2 x 25Kg	205.60
Rice	108.00 5kg	4kg	86.40
Cassava Flour	13.50 1kg	6kg	80.97
(Sweet) Potatoes	21.47 1 Kg	4 Kg	85.88
Beans	47.28 1kg	3kg	141.83
Pounded Groundnut	70.67 1kg	1kg	70.67
Soya Pieces	54.18 1 kg	2kg	108.36
Beef	65.00 1kg	2kg	129.99
Chicken	103.98 2kg	5kg	259.95
Kapenta	470.55 1kg	1kg	470.55
Eggs	19.93 1 unit (10 eggs)	3 Trays (90 eggs)	179.39
Milk (Fresh)	13.80 500 ml	10 liters	275.96
Vegetables	363.24 40 Kg	40kg	363.24
Onion	20.43 1 Kg	4 Kg	81.71
Tomatoes	11.23 1 kg	6 kg	67.38
Banana	19.67 1 Kg	16 Kg	314.77
Other Fruits	29.05 1 kg	14 Kg	406.76
Cooking oil (2.5lts)	108.00 2.5lt	3.6lt	155.52
Salt	10.20 1 Kg	1 Kg	10.20
Tea	30.25 250g	250g	30.25
<b>SubTotal</b>			<b>ZMW 3,525.36</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	211.50 90kg bag(s)	2 90kg bag(s)	423.00
Soap (Lifebuoy/Champion)	13.20 Tablet(s)	3 Tablet(s)	39.59
Wash soap (BOOM)	16.60 400g	4 400g	66.39
Jelly (Vaseline)	34.00 500ml	1 500ml	34.00
Electricity (medium density)	190.00 Month(s)	1 Month(s)	190.00
Water & Sanitation (med - fixed)	234.00 Month(s)	1 Month(s)	234.00
Housing (3 bedroom)	2,160.00 Month(s)	1 Month(s)	2,160.00
Sanitary towels	17.00 Pack of 10	2 Pack of 10	34.00
Toilet Paper (2ply)	4.20 Tissue(s)	6 Tissue(s)	25.19
Lotion (Dawn)	27.50 400ml	1 400ml	27.50
<b>Subtotal</b>			<b>ZMW 3,233.67</b>

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

**ZMW 6,759.03**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	430.00	Petrol (per litre)	17.62
Grades 8-9 (User + PTA/year)	750.00	Diesel (per litre)	15.59
Grades 10-12 (User + PTA/year)	750.00		
School Uniform (Grades 8-12)	385.00		

**(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
8,145.28	3,984.31	4,877.51	4,392.62	6,788.68	6,595.68	4,944.36	6,006.11	5,299.96	5,863.41	6,617.94	6,759.03	5,222.17	5,716.47	4,295.41	6,440.03

**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 November, 2021 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 kamanda, katondo, nakoli, lukanga, pollen and shoprte. The November Basic Needs Basket is approximately US\$380.15 based upon the exchange rate Of K17.78. Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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