

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

November 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.50 25 kg bag	2 x 25Kg	191.00
Rice	142.44 5kg	4kg	113.96
Cassava Flour	13.22 1kg	6kg	79.32
(Sweet) Potatoes	19.27 1 Kg	4 Kg	77.09
Beans	22.17 1kg	3kg	66.51
Pounded Groundnut	66.26 1kg	1kg	66.26
Soya Pieces	49.89 1 kg	2kg	99.77
Beef	64.40 1kg	2kg	128.80
Chicken	114.00 2kg	5kg	284.99
Kapenta	222.58 1kg	1kg	222.58
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	182.99
Milk (Fresh)	14.60 500 ml	10 liters	291.96
Vegetables	348.44 40 Kg	40kg	348.44
Onion	14.57 1 Kg	4 Kg	58.28
Tomatoes	13.68 1 kg	6 kg	82.10
Banana	13.67 1 Kg	16 Kg	218.65
Other Fruits	6.56 1 kg	14 Kg	91.89
Cooking oil (2.5lts)	101.80 2.5lt	3.6lt	146.59
Salt	11.34 1 Kg	1 Kg	11.34
Tea	42.40 250g	250g	42.40
SubTotal			ZMW 2,804.92

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	283.50 90kg bag(s)	2 90kg bag(s)	567.00
Soap (Lifebuoy/Champion)	13.70 Tablet(s)	3 Tablet(s)	41.09
Wash soap (BOOM)	15.40 400g	4 400g	61.59
Wash soap (BOOM)	239.76 Month(s)	1 Month(s)	239.76
Jelly (Vaseline)	39.60 500ml	1 500ml	39.60
Electricity (medium density)	323.20 Month(s)	1 Month(s)	323.20
Housing (3 bedroom)	2,428.00 Month(s)	1 Month(s)	2,428.00
Sanitary towels	21.80 Pack of 10	2 Pack of 10	43.60
Toilet Paper (2ply)	5.80 Tissue(s)	6 Tissue(s)	34.79
Lotion (Dawn)	34.40 400ml	1 400ml	34.40
Subtotal			ZMW 3,813.03
Total for Basic Needs and Nutrition Basket			ZMW 6,617.94

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 10-12 (User + PTA/year)	200.00	Chamboli-Town	14.00
School Uniform	200.00	Chimwemwe-Town	14.00
Health		Fuel (cost at the pump)	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		Paraffin (per litre)	15.39

(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 surveys conducted at Chamboli Market, Nakadoli Market, Chimwemwe Market, Chisokone Market and Town Centre Shoprite. The November Basic Needs Basket is approximately US\$374.02 based upon the exchange rate Of K17.78 Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2021-11-30

Kitwe November 2021 Basic Needs and Nutrition Basket Report

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