

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	106.00 25 kg bag	2 x 25Kg	212.00
Rice	132.31 5kg	4kg	105.85
Cassava Flour	17.16 1kg	6kg	102.96
(Sweet) Potatoes	8.02 1 Kg	4 Kg	32.07
Beans	42.57 1kg	3kg	127.72
Pounded Groundnut	44.53 1kg	1kg	44.53
Soya Pieces	41.12 1 kg	2kg	82.23
Beef	62.20 1kg	2kg	124.40
Chicken	127.60 2kg	5kg	318.99
Kapenta	208.91 1kg	1kg	208.91
Eggs	22.40 1 unit (10 eggs)	3 Trays (90 eggs)	201.59
Milk (Fresh)	13.88 500 ml	10 liters	277.50
Vegetables	567.63 40 Kg	40kg	567.63
Onion	34.32 1 Kg	4 Kg	137.29
Tomatoes	12.07 1 kg	6 kg	72.40
Banana	27.26 1 Kg	16 Kg	436.15
Other Fruits	29.46 1 kg	14 Kg	412.49
Cooking oil (2.5lts)	98.20 2.5lt	3.6lt	141.41
Salt	12.60 1 kg	1 Kg	12.60
Tea	36.40 250g	250g	36.40
<b>SubTotal</b>			<b>ZMW 3,655.12</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	410.00 90kg bag(s)	2 90kg bag(s)	820.00
Soap (Lifebuoy/Champion)	12.50 Tablet(s)	3 Tablet(s)	37.49
Wash soap (BOOM)	14.60 400g	4 400g	58.39
Jelly (Vaseline)	32.20 500ml	1 500ml	32.20
Electricity (medium density)	323.20 Month(s)	1 Month(s)	323.20
Water & Sanitation (med - fixed)	239.76 Month(s)	1 Month(s)	239.76
Housing (3 bedroom)	2,428.00 Month(s)	1 Month(s)	2,428.00
Sanitary towels	14.80 Pack of 10	2 Pack of 10	29.60
Toilet Paper (2ply)	8.40 Tissue(s)	6 Tissue(s)	50.39
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
<b>Subtotal</b>			<b>ZMW 4,049.03</b>

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

**ZMW 7,704.15**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
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**

<b>Fuel (cost at the pump)</b>	
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

### 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 27<sup>th</sup> August, 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 August Basic Needs Basket is approximately US\$479 based upon the exchange rate Of K16.09 Other costs would include personal care, clothing, recreation, etc.

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JCTR Repository

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# Kitwe December 2021 Basic Needs and Nutrition Basket Report

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