

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kitwe**

**March 2021**

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

| Commodity            | Price (ZMW) / Unit     | Quantity / Month  | Total (ZMW)         |
|----------------------|------------------------|-------------------|---------------------|
| Mealie Meal (Roller) | 122.20 25 kg bag       | 2 x 25Kg          | 244.40              |
| Rice                 | 109.45 5kg             | 4kg               | 87.56               |
| Cassava Flour        | 18.43 1kg              | 6kg               | 110.55              |
| (Sweet) Potatoes     | 9.63 1 Kg              | 4 Kg              | 38.53               |
| Beans                | 29.64 1kg              | 3kg               | 88.93               |
| Pounded Groundnut    | 48.95 1kg              | 1kg               | 48.95               |
| Soya Pieces          | 62.06 1 kg             | 2kg               | 124.12              |
| Beef                 | 54.99 1kg              | 2kg               | 109.98              |
| Chicken              | 106.00 2kg             | 5kg               | 265.00              |
| Kapenta              | 136.01 1kg             | 1kg               | 136.01              |
| Eggs                 | 20.33 1 unit (10 eggs) | 3 Trays (90 eggs) | 182.99              |
| Milk (Fresh)         | 13.88 500 ml           | 10 liters         | 277.50              |
| Vegetables           | 435.11 40 Kg           | 40kg              | 435.11              |
| Onion                | 27.21 1 Kg             | 4 Kg              | 108.83              |
| Tomatoes             | 22.92 1 kg             | 6 kg              | 137.52              |
| Banana               | 11.75 1 Kg             | 16 Kg             | 188.00              |
| Cooking oil (2.5lts) | 138.20 2.5lt           | 3.6lt             | 199.01              |
| Salt                 | 12.60 1 Kg             | 1 Kg              | 12.60               |
| Tea                  | 22.75 250g             | 250g              | 22.75               |
| <b>SubTotal</b>      |                        |                   | <b>ZMW 2,818.32</b> |

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

| Commodity                        | Price(ZMW) / Unit  | Quantity / Month | Total (ZMW)         |
|----------------------------------|--------------------|------------------|---------------------|
| Charcoal                         | 318.00 90kg bag(s) | 2 90kg bag(s)    | 636.00              |
| Soap (Lifebuoy/Champion)         | 12.70 Tablet(s)    | 3 Tablet(s)      | 38.09               |
| Wash soap (BOOM)                 | 14.50 400g         | 4 400g           | 57.99               |
| Jelly (Vaseline)                 | 26.80 500ml        | 1 500ml          | 26.80               |
| 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                  | 14.90 Pack of 10   | 2 Pack of 10     | 45.79               |
| Toilet Paper (2ply)              | 5.70 Tissue(s)     | 6 Tissue(s)      | 34.19               |
| Lotion (Dawn)                    | 27.50 400ml        | 1 400ml          | 27.50               |
| <b>Subtotal</b>                  |                    |                  | <b>ZMW 3,857.32</b> |

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

**ZMW 6,675.64**

## (C) SOME OTHER ADDITIONAL COSTS

| <u>Education</u>               |              | <u>Transport (bus fare round</u> |              |
|--------------------------------|--------------|----------------------------------|--------------|
| Item                           | Amount (ZMW) | Item                             | Amount (ZMW) |
| Grades 10-12 (User + PTA/year) | 200.00       | Chamboli-Town                    | 14.00        |
| School Uniform (Grades 8-12)   | 200.00       | Chimwemwe-Town                   | 14.00        |

## Health

| <u>Fuel (cost at the pump)</u> |              |
|--------------------------------|--------------|
| 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 |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|
| 8,644.50 | 4,276.64 | 4,960.43 | 4,944.42 | 6,367.38 | 6,660.49 | 4,933.42 | 5,095.28 | 4,759.55 | 5,774.22 | 6,675.64 | 7,033.75 | 6,289.23    | 5,499.50 | 5,336.28 | 5,953.66 |

### 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> March, 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 March Basic Needs Basket is approximately US\$303 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc.

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