

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

December 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	106.60 25 kg bag	2 x 25Kg	213.20
Rice	121.29 5kg	4kg	97.03
Cassava Flour	12.89 1kg	6kg	77.37
(Sweet) Potatoes	17.85 1 Kg	4 Kg	71.39
Beans	25.99 1kg	3kg	77.96
Pounded Groundnut	57.30 1kg	1kg	57.30
Soya Pieces	39.93 1 kg	2kg	79.86
Beef	73.80 1kg	2kg	147.60
Chicken	140.00 2kg	5kg	349.99
Kapenta	249.08 1kg	1kg	249.08
Eggs	17.00 1 unit (10 eggs)	3 Trays (90 eggs)	152.99
Milk (Fresh)	14.00 500 ml	10 liters	279.96
Vegetables	386.76 40 Kg	40kg	386.76
Onion	24.81 1 Kg	4 Kg	99.23
Tomatoes	15.33 1 kg	6 kg	91.95
Banana	10.00 1 Kg	16 Kg	160.00
Other Fruits	6.24 1 kg	14 Kg	87.32
Cooking oil (2.5lts)	84.09 2.5lt	3.6lt	121.09
Salt	11.60 1 Kg	1 Kg	11.60
Tea	40.55 250g	250g	40.55
<b>SubTotal</b>			<b>ZMW 2,972.23</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	182.00 90kg bag(s)	2 90kg bag(s)	364.00
Soap (Lifebuoy/Champion)	12.20 Tablet(s)	3 Tablet(s)	36.59
Wash soap (BOOM)	15.88 400g	4 400g	45.88
Jelly (Vaseline)	47.50 400ml	1 400ml	47.50
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	23.90 Pack of 10	2 Pack of 10	47.80
Toilet Paper (2ply)	5.90 Tissue(s)	6 Tissue(s)	35.39
Lotion (Dawn)	34.80 400ml	1 400ml	34.80
<b>Subtotal</b>			<b>ZMW 3,602.92</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 6,575.25</b>

## (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
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	21.16
		Diesel (per litre)	20.15
		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
8,571.56	<b>4,375.06</b>	<b>5,074.81</b>	<b>4,339.81</b>	<b>7,032.24</b>	<b>6,580.67</b>	<b>5,026.31</b>	<b>5,633.84</b>	<b>5,074.16</b>	<b>5,451.88</b>	<b>6,575.25</b>	<b>6,432.76</b>	<b>5,759.26</b>	<b>5,605.12</b>	<b>5,192.44</b>	<b>6,502.74</b>

This survey was conducted on 27th June 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$. based upon the exchange rate Of K22.70. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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Reports

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