

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kabwe**

**March 2021**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	113.00 25 kg bag	2 x 25Kg	226.00
Rice	157.01 5kg	4kg	125.61
Cassava Flour	15.00 1kg	6kg	89.97
(Sweet) Potatoes	31.45 1 Kg	4 Kg	125.81
Beans	54.86 1kg	3kg	164.59
Pounded Groundnut	77.95 1kg	1kg	77.95
Soya Pieces	52.96 1 kg	2kg	105.92
Beef	82.99 1kg	2kg	165.98
Chicken	73.98 2kg	5kg	184.95
Kapenta	462.73 1kg	1kg	462.73
Eggs	19.87 1 unit (10 eggs)	3 Trays (90 eggs)	178.79
Milk (Fresh)	14.20 500 ml	10 liters	283.96
Vegetables	501.92 40 Kg	40kg	501.92
Onion	52.11 1 Kg	4 Kg	208.46
Tomatoes	14.14 1 kg	6 kg	84.86
Banana	14.99 1 Kg	16 Kg	239.84
Other Fruits	39.99 1 kg	14 Kg	559.86
Cooking oil (2.5lts)	100.60 2.5lt	3.6lt	144.86
Salt	9.60 1 kg	1 Kg	9.60
Tea	27.70 250g	250g	27.70
<b>SubTotal</b>			<b>ZMW 3,969.35</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	135.00 90kg bag(s)	2 90kg bag(s)	270.00
Soap (Lifebuoy/Champion)	11.20 Tablet(s)	3 Tablet(s)	33.59
Wash soap (BOOM)	15.20 400g	4 400g	60.79
Jelly (Vaseline)	31.40 500ml	1 500ml	31.40
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	15.60 Pack of 10	2 Pack of 10	31.20
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	23.99
Lotion (Dawn)	29.40 400ml	1 400ml	29.40
<b>Subtotal</b>			<b>ZMW 3,064.37</b>

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

**ZMW 7,033.72**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<i>Transport (bus fare round)</i>
Item	Amount (ZMW)	
Grades 1-7 (User + PTA/year)	430.00	
Grades 8-9 (User + PTA/year)	750.00	
Grades 10-12 (User + PTA/year)	750.00	
School Uniform (Grades 8-12)	385.00	
<u>Health</u>		<i>Fuel (cost at the pump)</i>
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

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

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 March, 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 March Basic Needs Basket is approximately US\$319 based upon the exchange rate Of K22.04 Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**  
**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**  
**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

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

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2021-03-31

# Kabwe March 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/669>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*