

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

August 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	107.80 25 kg bag	2 x 25Kg	215.60
Rice	133.06 5kg	4kg	106.45
(Sweet) Potatoes	18.29 1 Kg	4 Kg	73.16
Beans	70.65 1kg	3kg	211.96
Pounded Groundnut	117.14 1kg	1kg	117.14
Soya Pieces	68.85 1 kg	2kg	137.71
Beef	72.99 1kg	2kg	145.98
Chicken	100.80 2kg	5kg	251.99
Kapenta	410.33 1kg	1kg	410.33
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	182.99
Milk (Fresh)	15.00 500 ml	10 liters	299.96
Vegetables	519.76 40 Kg	40kg	519.76
Onion	30.48 1 Kg	4 Kg	121.90
Tomatoes	13.92 1 kg	6 kg	83.55
Banana	19.99 1 Kg	16 Kg	319.84
Other Fruits	50.45 1 kg	14 Kg	706.26
Cooking oil (2.5lts)	120.00 2.5lt	3.6lt	172.80
Salt	11.80 1 Kg	1 Kg	11.80
Tea	36.75 250g	250g	36.75
<b>SubTotal</b>			<b>ZMW 4,125.91</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	216.00 90kg bag(s)	2 90kg bag(s)	432.00
Soap (Lifebuoy/Champion)	13.20 Tablet(s)	3 Tablet(s)	39.59
Wash soap (BOOM)	16.60 400g	4 400g	66.39
Jelly (Vaseline)	37.00 500ml	1 500ml	37.00
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	19.00 Pack of 10	2 Pack of 10	38.00
Toilet Paper (2ply)	4.40 Tissue(s)	6 Tissue(s)	26.39
Lotion (Dawn)	29.00 400ml	1 400ml	29.00
<b>Subtotal</b>			<b>ZMW 3,252.37</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,378.28</b>

## (C) SOME OTHER ADDITIONAL COSTS

### Education

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

### *Transport (bus fare round*

### Health

### *Fuel (cost at the pump)*

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 27th August, 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 August Basic Needs Basket is approximately US\$459 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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# Kabwe August 2021 Basic Needs and Nutrition Basket Report

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