

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	134.40 25 kg bag	2 x 25Kg	268.80
Rice	161.94 5kg	4kg	129.56
Cassava Flour	12.33 1kg	6kg	73.99
Irish Potatoes	20.50 1 Kg	4 Kg	82.01
Beans	31.74 1kg	3kg	95.23
Pounded Groundnut	48.90 1kg	1kg	48.90
Soya Pieces	61.31 1 kg	2kg	122.62
Beef	67.00 1kg	2kg	134.00
Chicken	107.20 2kg	5kg	267.99
Kapenta	277.68 1kg	1kg	277.68
Eggs	17.93 1 unit (10 eggs)	3 Trays (90 eggs)	161.39
Milk (Fresh)	11.80 500 ml	10 liters	235.96
Vegetables	421.49 40 Kg	40kg	421.49
Onion	16.61 1 Kg	4 Kg	66.43
Tomatoes	22.85 1 kg	6 kg	137.08
Banana	17.68 1 Kg	16 Kg	282.85
Other Fruits	5.00 1 kg	14 Kg	69.97
Cooking oil (2.5lts)	110.00 2.5lt	3.6lt	158.40
Salt	11.60 1 Kg	1 Kg	11.60
Tea	48.80 250g	250g	48.80
SubTotal			ZMW 3,094.74

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	333.00 90kg bag(s)	2 90kg bag(s)	666.00
Soap (Lifebuoy/Champion)	14.60 Tablet(s)	3 Tablet(s)	43.79
Wash soap (BOOM)	17.60 400g	4 400g	70.39
Electricity (medium density)	346.00 Month(s)	1 Month(s)	346.00
Water & Sanitation (med - fixed)	243.40 Month(s)	1 Month(s)	243.40
Housing (3 bedroom)	2,616.00 Month(s)	1 Month(s)	2,616.00
Jelly (Vaseline)	36.00 250ml	1 250ml	36.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.78 Tissue(s)	6 Tissue(s)	34.68
Lotion (Dawn)	27.20 400ml	1 400ml	27.20
Subtotal			ZMW 4,123.46

Total for Basic Needs and Nutrition Basket

ZMW 7,218.20

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	243.40	Chamboli-Town	16.00
		Chimwemwe-Town	20.00

Health

<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)
Petrol (per litre)	25.89
Diesel (per litre)	27.38
Paraffin (per litre)	20.45

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25th December, 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 Nakadoli, Chamboli, Shoprite, Chisokone and Chimwemwe markets as well as Schools, clinics/hospitals, and filling stations around Kitwe. The December Basic Needs and Nutrition Basket is approximately US\$ 401.68 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

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JCTR Repository

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

Statements

Advocacy on Living Conditions

2022-12-31

Kitwe December 2022 Basic Nutrition and Needs Basket Report

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