

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	118.80 25 kg bag	2 x 25Kg	237.60
Rice	135.79 5kg	4kg	108.63
Cassava Flour	16.04 1kg	6kg	96.23
(Sweet) Potatoes	8.63 1 Kg	4 Kg	34.52
Beans	35.97 1kg	3kg	107.92
Pounded Groundnut	55.63 1kg	1kg	55.63
Soya Pieces	55.83 1 kg	2kg	111.66
Beef	53.80 1kg	2kg	107.60
Chicken	109.00 2kg	5kg	272.49
Kapenta	202.88 1kg	1kg	202.88
Eggs	22.00 1 unit (10 eggs)	3 Trays (90 eggs)	197.99
Milk (Fresh)	13.88 500 ml	10 liters	277.50
Vegetables	441.19 40 Kg	40kg	441.19
Onion	43.90 1 Kg	4 Kg	175.58
Tomatoes	9.27 1 kg	6 kg	55.61
Banana	20.72 1 Kg	16 Kg	331.48
Other Fruits	26.23 1 kg	14 Kg	367.21
Cooking oil (2.5lts)	104.00 2.5lt	3.6lt	149.76
Salt	12.60 1 kg	1 Kg	12.60
Tea	26.50 250g	250g	26.50
SubTotal			ZMW 3,370.54

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	372.00 90kg bag(s)	2 90kg bag(s)	744.00
Soap (Lifebuoy/Champion)	12.50 Tablet(s)	3 Tablet(s)	37.49
Wash soap (BOOM)	14.70 400g	4 400g	58.79
Jelly (Vaseline)	32.20 500ml	1 500ml	32.20
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	14.80 Pack of 10	2 Pack of 10	29.60
Toilet Paper (2ply)	8.40 Tissue(s)	6 Tissue(s)	50.39
Lotion (Dawn)	30.00 400ml	1 400ml	30.00
Subtotal			ZMW 3,973.43

Total for Basic Needs and Nutrition Basket

ZMW 7,343.97

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

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 July, 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 July Basic Needs Basket is approximately US\$382 based upon the exchange rate Of K19.20 Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

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Reports

Advocacy on Living Conditions

2021-07-31

Kitwe July 2021 Basic Needs and Nutrition Basket Report

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