

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kabwe**

**October 2021**

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

<b>Commodity</b>	<b>Price (ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Mealie Meal (Roller)	93.80 25 kg bag	2 x 25Kg	187.60
Rice	141.29 5kg	4kg	113.04
Cassava Flour	16.50 1kg	6kg	98.97
(Sweet) Potatoes	20.89 1 Kg	4 Kg	83.58
Beans	48.87 1kg	3kg	146.60
Pounded Groundnut	83.32 1kg	1kg	83.32
Soya Pieces	63.06 1 kg	2kg	126.12
Beef	79.99 1kg	2kg	159.98
Chicken	103.98 2kg	5kg	259.95
Kapenta	431.91 1kg	1kg	431.91
Eggs	19.87 1 unit (10 eggs)	3 Trays (90 eggs)	178.79
Milk (Fresh)	15.00 500 ml	10 liters	299.96
Vegetables	269.36 40 Kg	40kg	269.36
Onion	22.90 1 Kg	4 Kg	91.60
Tomatoes	11.27 1 kg	6 kg	67.61
Banana	18.14 1 Kg	16 Kg	290.32
Other Fruits	35.26 1 kg	14 Kg	493.62
Cooking oil (2.5lts)	100.00 2.5lt	3.6lt	144.00
Salt	11.20 1 kg	1 Kg	11.20
Tea	39.99 250g	250g	39.99
<b>SubTotal</b>			<b>ZMW 3,577.51</b>

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

<b>Commodity</b>	<b>Price(ZMW) / Unit</b>	<b>Quantity / Month</b>	<b>Total (ZMW)</b>
Charcoal	202.50 90kg bag(s)	2 90kg bag(s)	405.00
Soap (Lifebuoy/Champion)	14.20 Tablet(s)	3 Tablet(s)	42.59
Wash soap (BOOM)	16.80 400g	4 400g	67.19
Jelly (Vaseline)	36.00 500ml	1 500ml	36.00
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	18.80 Pack of 10	2 Pack of 10	37.60
Toilet Paper (2ply)	4.40 Tissue(s)	6 Tissue(s)	26.39
Lotion (Dawn)	26.40 400ml	1 400ml	26.40
<b>Subtotal</b>			<b>ZMW 3,225.17</b>

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

**ZMW 6,802.68**

## **(C) SOME OTHER ADDITIONAL COSTS**

### **Education**

<b>Item</b>	<b>Amount (ZMW)</b>
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)**

<b>Item</b>	<b>Amount (ZMW)</b>
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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

### **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 October, 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 shoprite. The October Basic Needs Basket is approximately US\$395 based upon the exchange rate Of K17.22 Other costs would include personal care, clothing, recreation, etc.

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Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

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# Kabwe October 2021 Basic Needs and Nutrition Basket Report

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