

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

November 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	100.00 25 kg bag	2 x 25Kg	200.00
Rice	104.50 5kg	4kg	83.60
Cassava Flour	9.64 1kg	6kg	57.86
(Sweet) Potatoes	12.47 1 Kg	4 Kg	49.89
Beans	41.10 1kg	3kg	123.31
Pounded Groundnut	29.14 1kg	1kg	29.14
Soya Pieces	27.34 1 kg	2kg	54.68
Beef	54.00 1kg	2kg	108.00
Chicken	78.06 2kg	5kg	195.14
Kapenta	52.18 1kg	1kg	52.18
Eggs	15.27 1 unit (10 eggs)	3 Trays (90 eggs)	137.39
Milk (Fresh)	9.88 500 ml	10 liters	197.50
Vegetables	211.95 40 Kg	40kg	211.95
Onion	6.38 1 Kg	4 Kg	25.52
Tomatoes	9.19 1 kg	6 kg	55.11
Banana	11.47 1 Kg	16 Kg	183.53
Other Fruits	8.67 1 kg	14 Kg	121.39
Cooking oil (2.5lts)	83.50 2.5lt	3.6lt	120.24
Salt	14.80 1 Kg	1 Kg	14.80
Tea	19.13 250g	250g	19.13
<b>SubTotal</b>			<b>ZMW 2,040.36</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	155.00 90kg bag(s)	2 90kg bag(s)	310.00
Soap (Lifebuoy/Champion)	12.10 Tablet(s)	3 Tablet(s)	36.29
Wash soap (BOOM)	13.50 400g	4 400g	53.99
Jelly (Vaseline)	24.30 500ml	1 500ml	24.30
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	13.30 Pack of 10	2 Pack of 10	26.60
Toilet Paper (2ply)	9.63 Tissue(s)	6 Tissue(s)	57.79
Lotion (Dawn)	27.60 400ml	1 400ml	27.60
<b>Subtotal</b>			<b>ZMW 3,086.57</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,126.93</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	200.00	Chamboli-Town	7.00
Grades 10-12 (User + PTA/year)	200.00	Chimwemwe-Town	7.00

<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	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
7,126.62	4,091.76	4,405.63	4,304.22	6,093.38	6,790.26	5,029.24	4,927.53	4,244.55	5,059.39	5,126.93	6,022.83	5,053.12	5,253.47	5,422.53	5,124.82

**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 November, 2020 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 November Basic Needs Basket is approximately US\$244 based upon the exchange rate of K21.02. Other costs would include personal care, clothing, recreation, etc.

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

**JCTR Repository**

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

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