

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	139.60 25 kg bag	2 x 25Kg	279.20
Rice	101.04 5kg	4kg	80.83
Cassava Flour	14.62 1kg	6kg	87.70
(Sweet) Potatoes	9.22 1 Kg	4 Kg	36.88
Beans	26.25 1kg	3kg	78.75
Pounded Groundnut	24.02 1kg	1kg	24.02
Soya Pieces	41.35 1 kg	2kg	82.69
Beef	39.60 1kg	2kg	79.20
Chicken	89.00 2kg	5kg	222.49
Kapenta	229.85 1kg	1kg	229.85
Eggs	10.67 1 unit (10 eggs)	3 Trays (90 eggs)	95.99
Milk (Fresh)	8.90 500 ml	10 liters	178.00
Vegetables	342.19 40 Kg	40kg	342.19
Onion	18.56 1 Kg	4 Kg	74.24
Tomatoes	17.26 1 kg	6 kg	103.55
Banana	9.10 1 Kg	16 Kg	145.55
Other Fruits	14.98 1 kg	14 Kg	209.72
Cooking oil (2.5lts)	61.90 2.5lt	3.6lt	89.13
Salt	10.60 1 Kg	1 Kg	10.60
<b>SubTotal</b>			<b>ZMW 2,450.57</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	8.60 Tablet(s)	3 Tablet(s)	25.79
Wash soap (BOOM)	10.60 400g	4 400g	42.39
Jelly (Vaseline)	25.50 500ml	1 500ml	25.50
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	1,850.00 Month(s)	1 Month(s)	1,850.00
Sanitary towels	17.90 Pack of 10	2 Pack of 10	35.80
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.59
Lotion (Dawn)	19.30 400ml	1 400ml	19.30
<b>Subtotal</b>			<b>ZMW 2,932.37</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,382.93</b>

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	200.00	Chamboli-Town	14.00
Grades 10-12 (User + PTA/year)	200.00	Chimwemwe-Town	14.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59

## (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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,764.91	5,491.01	5,382.93	6,098.18	5,690.61	4,901.28	4,919.24	5,541.09

### 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 March, 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 March Basic Needs Basket is approximately US\$303 based upon the exchange rate Of K17.76. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**  
**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm**  
**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

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

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2020-03-30

# Kitwe March 2020 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/774>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*