

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kabwe**

**May 2020**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	121.20 25 kg bag	2 x 25Kg	242.40
Rice	100.69 5kg	4kg	80.55
(Sweet) Potatoes	9.81 1 Kg	4 Kg	39.25
Beans	28.45 1kg	3kg	85.36
Pounded Groundnut	35.00 1kg	1kg	35.00
Soya Pieces	36.40 1 kg	2kg	72.79
Beef	44.99 1kg	2kg	89.98
Chicken	106.50 2kg	5kg	266.24
Kapenta	257.50 1kg	1kg	257.50
Eggs	14.17 1 unit (10 eggs)	3 Trays (90 eggs)	127.49
Milk (Fresh)	7.86 500 ml	10 liters	157.16
Vegetables	253.03 40 Kg	40kg	253.03
Onion	48.51 1 Kg	4 Kg	194.03
Tomatoes	12.96 1 kg	6 kg	77.79
Banana	11.99 1 Kg	16 Kg	191.84
Other Fruits	24.00 1 kg	14 Kg	336.00
Cooking oil (2.5lts)	84.40 2.5lt	3.6lt	121.53
Salt	8.60 1 Kg	1 Kg	8.60
<b>SubTotal</b>			<b>ZMW 2,636.53</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	121.50 90kg bag(s)	2 90kg bag(s)	243.00
Soap (Lifebuoy/Champion)	9.50 Tablet(s)	3 Tablet(s)	28.49
Wash soap (BOOM)	13.00 400g	4 400g	51.99
Jelly (Vaseline)	25.20 500ml	1 500ml	25.20
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	249.00 Month(s)	1 Month(s)	249.00
Housing (3 bedroom)	2,500.00 Month(s)	1 Month(s)	2,500.00
Sanitary towels	14.06 Pack of 10	2 Pack of 10	28.12
Toilet Paper (2ply)	3.00 Tablet(s)	6 Tablet(s)	18.00
Toilet Paper (2ply)	4.00 Tissue(s)	6 Tissue(s)	23.99
Lotion (Dawn)	26.40 250ml	1 250ml	26.40
<b>Subtotal</b>			<b>ZMW 3,486.19</b>

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

**ZMW 6,122.72**

## (C) SOME OTHER ADDITIONAL COSTS

<u>Education</u>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	150.00		
Grades 8-9 (User + PTA/year)	600.00		
Grades 10-12 (User + PTA/year)	600.00		
<u>Health</u>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	17.62
Malaria test	25.00	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
7,195.60	3,837.93	3,958.03	4,312.65	6,462.77	7,426.74	5,203.05	4,580.96	3,867.66	5,479.33	5,318.43	6,122.72	5,353.84.	4,893.93	6,077.84	5,203.27

### 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 May, 2020 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, polen and shoprte. The May Basic Needs Basket is approximately US\$342 based upon the exchange rate Of K17.93. 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 May 2020 Basic Nutrition and Needs Basket Report

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