

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.50 25 kg bag	2 x 25Kg	191.00
Rice	135.94 5kg	4kg	108.75
Cassava Flour	10.87 1kg	6kg	65.24
(Sweet) Potatoes	17.62 1 Kg	4 Kg	70.48
Beans	28.05 1kg	3kg	84.14
Pounded Groundnut	41.60 1kg	1kg	41.60
Soya Pieces	48.09 1 kg	2kg	96.19
Beef	64.40 1kg	2kg	128.80
Chicken	116.00 2kg	5kg	289.99
Kapenta	236.82 1kg	1kg	236.82
Eggs	20.33 1 unit (10 eggs)	3 Trays (90 eggs)	182.99
Milk (Fresh)	14.60 500 ml	10 liters	291.96
Vegetables	325.76 40 Kg	40kg	325.76
Onion	12.48 1 Kg	4 Kg	49.92
Tomatoes	13.11 1 kg	6 kg	78.65
Banana	16.83 1 Kg	16 Kg	269.32
Other Fruits	24.24 1 kg	14 Kg	339.40
Cooking oil (2.5lts)	102.80 2.5lt	3.6lt	148.03
Salt	11.80 1 Kg	1 Kg	11.80
Tea	42.40 250g	250g	42.40
SubTotal			ZMW 3,053.23

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	294.00 90kg bag(s)	2 90kg bag(s)	588.00
Soap (Lifebuoy/Champion)	13.62 Tablet(s)	3 Tablet(s)	40.87
Wash soap (BOOM)	15.25 400g	4 400g	60.99
Jelly (Vaseline)	46.50 500ml	1 500ml	46.50
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	22.37 Pack of 10	2 Pack of 10	44.75
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	35.99
Lotion (Dawn)	35.63 400ml	1 400ml	35.63
Subtotal			ZMW 3,843.67

Total for Basic Needs and Nutrition Basket

ZMW 6,896.90

(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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

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 September, 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 September Basic Needs Basket is approximately US\$414 based upon the exchange rate Of K16.67 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>

Statements

Advocacy on Living Conditions

2021-09-30

Kitwe September 2021 Basic Needs And Nutrition Basic Report

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