

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

May 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.00 25 kg bag	2 x 25Kg	190.00
Rice	118.42 5kg	4kg	94.73
Cassava Flour	15.33 1kg	6kg	91.99
(Sweet) Potatoes	6.82 1 Kg	4 Kg	27.27
Beans	28.65 1kg	3kg	85.96
Pounded Groundnut	58.10 1kg	1kg	58.10
Soya Pieces	31.35 1 kg	2kg	62.69
Beef	38.33 1kg	2kg	76.66
Chicken	67.25 2kg	5kg	168.11
Kapenta	158.39 1kg	1kg	158.39
Eggs	12.67 1 unit (10 eggs)	3 Trays (90 eggs)	113.99
Milk (Fresh)	7.76 500 ml	10 liters	155.16
Vegetables	380.09 40 Kg	40kg	380.09
Onion	21.06 1 Kg	4 Kg	84.23
Tomatoes	10.62 1 kg	6 kg	63.71
Banana	13.84 1 Kg	16 Kg	221.51
Other Fruits	14.47 1 kg	14 Kg	202.65
Cooking oil (2.5lts)	83.80 2.5lt	3.6lt	120.67
Salt	9.40 1 kg	1 Kg	9.40
SubTotal			ZMW 2,365.32

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	156.00 90kg bag(s)	2 90kg bag(s)	312.00
Soap (Lifebuoy/Champion)	9.00 Tablet(s)	3 Tablet(s)	26.99
Wash soap (BOOM)	11.70 400g	4 400g	46.79
Jelly (Vaseline)	25.80 500ml	1 500ml	25.80
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	13.40 Pack of 10	2 Pack of 10	26.80
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	35.99
Lotion (Dawn)	28.75 250ml	1 250ml	28.75
Subtotal			ZMW 2,953.12
Total for Basic Needs and Nutrition Basket			ZMW 5,318.43

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	200.00	Chamboli-Town	16.00
Grades 8-9 (User + PTA/year)	200.00	Chimwemwe-Town	16.00
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	17.62
Malaria test	20.00	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	6,365.72	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 surveys conducted at Chamboli Market, Nakadoli Market, Chimwemwe Market, Chisokone Market and Town Centre Shoprite. The May Basic Needs Basket is approximately US\$297 based upon the exchange rate Of K17.93. Other costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2020-05-31

Kitwe May 2020 Basic Nutrition and Needs Basket Report

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