

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

December 2019

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.60 25 kg bag	2 x 25Kg	265.20
Rice	73.91 5kg	4kg	59.13
Cassava Flour	9.14 1kg	6kg	54.86
(Sweet) Potatoes	8.54 1 Kg	4 Kg	34.16
Beans	16.94 1kg	3kg	50.82
Pounded Groundnut	19.19 1kg	1kg	19.19
Soya Pieces	26.28 1 kg	2kg	52.57
Beef	38.70 1kg	2kg	77.40
Chicken	76.40 2kg	5kg	190.99
Kapenta	160.76 1kg	1kg	160.76
Eggs	10.00 1 unit (10 eggs)	3 Trays (90 eggs)	90.00
Milk (Fresh)	8.90 500 ml	10 liters	177.96
Vegetables	406.58 40 Kg	40kg	406.58
Onion	13.78 1 Kg	4 Kg	55.12
Tomatoes	16.98 1 kg	6 kg	101.87
Banana	7.42 1 Kg	16 Kg	118.75
Other Fruits	5.72 1 kg	14 Kg	80.03
Cooking oil (2.5lts)	57.30 2.5lt	3.6lt	82.51
Salt	10.00 1 Kg	1 Kg	10.00
SubTotal			ZMW 2,087.89

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	492.75 90kg bag(s)	2 90kg bag(s)	985.50
Soap (Lifebuoy/Champion)	8.10 Tablet(s)	3 Tablet(s)	24.29
Wash soap (BOOM)	9.60 400g	4 400g	38.39
Jelly (Vaseline)	25.80 500ml	1 500ml	25.80
Electricity (medium density)	292.00 30 Days	1 30 Days	292.00
Water & Sanitation (med - fixed)	254.00 30 Days	1 30 Days	254.00
Housing (3 bedroom)	2,000.00 30 Days	1 30 Days	2,000.00
Sanitary towels	10.90 Pack of 10	2 Pack of 10	21.80
Toilet Paper (2ply)	5.20 Tissue(s)	6 Tissue(s)	31.19
Lotion (Dawn)	13.60 250ml	1 250ml	13.60
Subtotal			ZMW 3,686.57

Total for Basic Needs and Nutrition Basket

ZMW 5,774.45

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round trip)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	200.00	Chamboli-Town	14.00
Grades 8-9 (User + PTA/year)	600.00	Chimwemwe-Town	14.00
Grades 10-12 (User + PTA/year)	600.00		
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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

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 and Oranges.

This survey was conducted on 27th December, 2019 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 December Basic Needs Basket is approximately US\$417 based upon the exchange rate of K13.85. Other costs would include personal care, clothing, recreation, etc.

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Reports

Advocacy on Living Conditions

2019-12-31

Kitwe December 2019 Basic Needs and Nutrition Basket Report

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