

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kabwe

September 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	88.00 25 kg bag	2 x 25Kg	176.00
Rice	199.56 5kg	4kg	159.65
Cassava Flour	15.00 1kg	6kg	89.97
(Sweet) Potatoes	14.11 1 Kg	4 Kg	56.43
Beans	29.51 1kg	3kg	88.53
Pounded Groundnut	35.00 1kg	1kg	35.00
Soya Pieces	43.78 1 kg	2kg	87.57
Beef	44.99 1kg	2kg	89.98
Chicken	110.60 2kg	5kg	276.49
Kapenta	237.50 1kg	1kg	237.50
Eggs	14.93 1 unit (10 eggs)	3 Trays (90 eggs)	134.39
Milk (Fresh)	8.40 500 ml	10 liters	167.96
Vegetables	277.14 40 Kg	40kg	277.14
Onion	15.26 1 Kg	4 Kg	61.02
Tomatoes	10.17 1 kg	6 kg	61.04
Banana	13.08 1 Kg	16 Kg	209.29
Other Fruits	12.55 1 kg	14 Kg	175.67
Cooking oil (2.5lts)	86.60 2.5lt	3.6lt	124.70
Salt	10.00 1 Kg	1 Kg	10.00
<b>SubTotal</b>			<b>ZMW 2,518.34</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	110.25 90kg bag(s)	2 90kg bag(s)	220.50
Soap (Lifebuoy/Champion)	9.50 Tablet(s)	3 Tablet(s)	28.50
Soap (Lifebuoy/Champion)	9.99 90kg bag(s)	2 90kg bag(s)	19.98
Wash soap (BOOM)	13.40 400g	4 400g	53.59
Jelly (Vaseline)	24.80 500g	1 500g	24.80
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)	3,000.00 Month(s)	1 Month(s)	3,000.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	8.00 Tissue(s)	6 Tissue(s)	47.99
Toilet Paper (2ply)	19.00 Pack of 10	2 Pack of 10	37.99
Lotion (Dawn)	26.80 250ml	1 250ml	26.80
<b>Subtotal</b>			<b>ZMW 4,051.15</b>

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

**ZMW 6,569.49**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)		
Grades 1-7 (User + PTA/year)	450.00		
Grades 8-9 (User + PTA/year)	1,500.00		
Grades 10-12 (User + PTA/year)	1,600.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	25.00	Petrol (per litre)	17.62
Mosquito net (private)	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
7,071.37	4,059.66	4,386.81	4,143.46	5,989.51	6,110.27	6,18.49	5,711.22	4,217.60	5,162.82	6,344.55	6,569.49	5,216.06	4,998.58	3,950.07	5,591.40

### 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, 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 September Basic Needs Basket is approximately US\$329.050 based upon the exchange rate Of K19.9650. 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

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