

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	98.00 25 kg bag	2 x 25Kg	196.00
Rice	155.57 5kg	4kg	124.46
Cassava Flour	15.94 1kg	6kg	95.66
(Sweet) Potatoes	6.85 1 Kg	4 Kg	27.42
Beans	27.71 1kg	3kg	83.13
Pounded Groundnut	42.39 1kg	1kg	42.39
Soya Pieces	27.28 1 kg	2kg	54.56
Beef	38.80 1kg	2kg	77.60
Chicken	82.00 2kg	5kg	204.99
Kapenta	169.42 1kg	1kg	169.42
Eggs	14.60 1 unit (10 eggs)	3 Trays (90 eggs)	131.39
Milk (Fresh)	9.10 500 ml	10 liters	181.96
Vegetables	432.86 40 Kg	40kg	432.86
Onion	18.00 1 Kg	4 Kg	72.01
Tomatoes	10.99 1 kg	6 kg	65.93
Banana	15.15 1 Kg	16 Kg	242.39
Other Fruits	25.49 1 kg	14 Kg	356.83
Cooking oil (2.5lts)	92.80 2.5lt	3.6lt	133.63
Salt	10.60 1 Kg	1 Kg	10.60
<b>SubTotal</b>			<b>ZMW 2,703.22</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	182.00 90kg bag(s)	2 90kg bag(s)	364.00
Soap (Lifebuoy/Champion)	10.10 Tablet(s)	3 Tablet(s)	30.29
Wash soap (BOOM)	11.40 400g	4 400g	45.59
Jelly (Vaseline)	24.40 500ml	1 500ml	24.40
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	14.60 Pack of 10	2 Pack of 10	29.20
Toilet Paper (2ply)	6.30 Tissue(s)	6 Tissue(s)	37.80
Lotion (Dawn)	27.50 250ml	1 250ml	27.50
<b>Subtotal</b>			<b>ZMW 3,108.78</b>

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

**ZMW 5,811.99**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	200.00	Chamboli-Town	16.00
Grades 10-12 (User + PTA/year)	200.00	Chimwemwe-Town	16.00

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

### 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 October, 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 October Basic Needs Basket is approximately US\$286 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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