

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

October 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.70 25 kg bag	2 x 25Kg	191.40
Rice	124.39 5kg	4kg	99.51
Cassava Flour	11.31 1kg	6kg	67.86
(Sweet) Potatoes	11.04 1 Kg	4 Kg	44.16
Beans	24.47 1kg	3kg	73.40
Pounded Groundnut	41.73 1kg	1kg	41.73
Soya Pieces	47.37 1 kg	2kg	94.73
Beef	64.40 1kg	2kg	128.80
Chicken	115.00 2kg	5kg	287.49
Kapenta	229.81 1kg	1kg	229.81
Eggs	19.67 1 unit (10 eggs)	3 Trays (90 eggs)	176.99
Milk (Fresh)	14.60 500 ml	10 liters	291.96
Vegetables	360.29 40 Kg	40kg	360.29
Onion	12.36 1 Kg	4 Kg	49.43
Tomatoes	13.26 1 kg	6 kg	79.57
Banana	15.16 1 Kg	16 Kg	242.62
Other Fruits	18.59 1 kg	14 Kg	260.23
Cooking oil (2.5lts)	102.80 2.5lt	3.6lt	148.03
Salt	12.07 1 kg	1 Kg	12.07
Tea	38.50 250g	250g	38.50
SubTotal			ZMW 2,918.59

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	272.33 90kg bag(s)	2 90kg bag(s)	544.67
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.49
Wash soap (BOOM)	16.40 400g	4 400g	65.59
Jelly (Vaseline)	43.50 500ml	1 500ml	43.50
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	21.90 Pack of 10	2 Pack of 10	43.80
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	35.99
Lotion (Dawn)	35.20 400ml	1 400ml	35.20
Subtotal			ZMW 3,803.19

Total for Basic Needs and Nutrition Basket

ZMW 6,721.78

(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
8,268.72	4,304.31	4,951.37	4,729.38	6,514.69	5,910.24	5,177.39	5,733.44	5,532.51	6,013.29	6,721.78	6,802.68	5,741.79	5,535.56	5,496.14	6,244.81

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, 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 October Basic Needs Basket is approximately US\$390 based upon the exchange rate Of K17.22 Other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

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

Jesuit Centre for Theological Reflection (JCTR)

JCTR Repository

<https://repository.jctr.org.zm>

Reports

Advocacy on Living Conditions

2021-10-31

Kitwe October 2021 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

<https://hdl.handle.net/20.500.14274/884>

Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)