

# JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

February 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	124.00 25 kg bag	2 x 25Kg	248.00
Rice	133.76 5kg	4kg	107.01
Cassava Flour	12.97 1kg	6kg	77.79
(Sweet) Potatoes	16.27 1 Kg	4 Kg	65.07
Beans	38.46 1kg	3kg	115.39
Pounded Groundnut	51.94 1kg	1kg	51.94
Soya Pieces	51.22 1 kg	2kg	102.44
Beef	63.99 1kg	2kg	127.98
Chicken	88.86 2kg	5kg	222.14
Kapenta	111.44 1kg	1kg	111.44
Eggs	16.93 1 unit (10 eggs)	3 Trays (90 eggs)	152.39
Milk (Fresh)	11.66 500 ml	10 liters	233.27
Vegetables	499.30 40 Kg	40kg	499.30
Onion	22.93 1 Kg	4 Kg	91.71
Tomatoes	19.33 1 kg	6 kg	115.96
Banana	11.62 1 Kg	16 Kg	185.86
Cooking oil (2.5lts)	101.10 2.5lt	3.6lt	145.58
Salt	16.40 1 Kg	1 Kg	16.40
Tea	23.23 250g	250g	23.23
<b>SubTotal</b>			<b>ZMW 2,692.90</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	342.00 90kg bag(s)	2 90kg bag(s)	684.00
Soap (Lifebuoy/Champion)	11.50 90kg bag(s)	2 90kg bag(s)	23.00
Soap (Lifebuoy/Champion)	12.50 Tablet(s)	3 Tablet(s)	37.49
Wash soap (BOOM)	14.70 400g	4 400g	58.79
Jelly (Vaseline)	24.80 500ml	1 500ml	24.80
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	15.90 Pack of 10	2 Pack of 10	31.80
Toilet Paper (2ply)	5.60 Tissue(s)	6 Tissue(s)	33.59
Lotion (Dawn)	28.60 400ml	1 400ml	28.60
<b>Subtotal</b>			<b>ZMW 3,913.02</b>

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

**ZMW 6,605.92**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	200.00	Chamboli-Town	14.00
Grades 10-12 (User + PTA/year)	200.00	Chimwemwe-Town	14.00

## **Health**

<b>Fuel (cost at the pump)</b>	
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
8,512.31	4,140.66	4,886.58	4,738.68	6,274.28	6,341.32	5,430.74	4,692.96	4,757.20	5,470.09	6,605.92	6,853.91	6,107.43	5,594.66	5,388.13	5,759.64

## 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 27<sup>th</sup> February, 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 February Basic Needs Basket is approximately US\$303 based upon the exchange rate Of K21.83 Other costs would include personal care, clothing, recreation, etc.

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