

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Kitwe**

**November 2019**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	146.00 25 kg bag	2 x 25Kg	292.00
Rice	73.97 5kg	4kg	59.18
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	41.25 1kg	2kg	82.50
Chicken	48.00 2kg	5kg	120.00
Kapenta	213.03 1kg	1kg	213.03
Eggs	10.30 1 unit (10 eggs)	3 Trays (90 eggs)	92.70
Milk (Fresh)	8.50 500 ml	10 liters	170.00
Vegetables	406.51 40 Kg	40kg	406.51
Onion	13.78 1 Kg	4 Kg	55.12
Tomatoes	17.09 1 kg	6 kg	102.56
Banana	7.23 1 Kg	16 Kg	115.61
Other Fruits	5.58 1 kg	14 Kg	78.18
Cooking oil (2.5lts)	57.40 2.5lt	3.6lt	82.66
Salt	10.00 1 Kg	1 Kg	10.00
<b>Subtotal</b>			<b>ZMW 2,091.63</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	153.00 90kg bag(s)	2 90kg bag(s)	306.00
Soap (Lifebuoy/Champion)	8.10 Tablet(s)	3 Tablet(s)	24.30
Wash soap (BOOM)	9.98 400g	4 400g	39.92
Jelly (Vaseline)	24.75 500ml	1 500ml	24.75
Electricity (medium density)	292.00 Month(s)	1 Month(s)	292.00
Water & Sanitation (med - fixed)	254.00 Month(s)	1 Month(s)	254.00
Housing (3 bedroom)	2,000.00 Month(s)	1 Month(s)	2,000.00
Sanitary towels	13.50 Pack of 10	2 Pack of 10	27.00
Toilet Paper (2ply)	4.75 Tissue(s)	6 Tissue(s)	28.50
Lotion (Dawn)	13.70 250ml	1 250ml	13.70
<b>Subtotal</b>			<b>ZMW 3,010.17</b>

## **Total for Basic Needs Basket**

**ZMW 5,101.80**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
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	Ndeke-Town	14.00
Grades 10-12 (User + PTA/year)	600.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	15.98
Malaria test	20.00	Diesel (per litre)	13.30
		Paraffin (per litre)	11.30

## (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
6,481.17	3,965.76	4,550.44	3,753.48	5,879.44	5,115.90	4,741.37	4,605.87	3,720.49	4,603.30	5,101.80	5,675.18	5,305.61	4,536.86	4,450.34	4,241.56

**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 27<sup>th</sup> November, 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. Additional information was obtained from ZESCO, the Nkana Water and Sewerage Company, schools, clinics and houses around Kitwe. The November Basic Needs Basket is approximately US\$348 based upon the average exchange rate of K14.65 prevailing on the days of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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