

JCTR BASIC NEEDS AND NUTRITION BASKET

Kitwe

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	89.60 25 kg bag	2 x 25Kg	179.19
Rice	155.67 5kg	4kg	124.54
Cassava Flour	17.37 1kg	6kg	104.20
(Sweet) Potatoes	5.97 1 Kg	4 Kg	23.87
Beans	25.96 1kg	3kg	77.88
Pounded Groundnut	54.57 1kg	1kg	54.57
Soya Pieces	27.06 1 kg	2kg	54.12
Beef	39.00 1kg	2kg	78.00
Chicken	67.00 2kg	5kg	167.49
Kapenta	148.68 1kg	1kg	148.68
Eggs	13.73 1 unit (10 eggs)	3 Trays (90 eggs)	123.59
Milk (Fresh)	7.86 500 ml	10 liters	157.16
Vegetables	431.49 40 Kg	40kg	431.49
Onion	20.91 1 Kg	4 Kg	83.64
Tomatoes	10.53 1 kg	6 kg	63.20
Banana	14.13 1 Kg	16 Kg	226.02
Other Fruits	19.99 1 kg	14 Kg	279.86
Cooking oil (2.5lts)	83.80 2.5lt	3.6lt	120.67
Salt	7.20 1 Kg	1 Kg	7.20
SubTotal			ZMW 2,505.35

(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)	9.00 Tablet(s)	3 Tablet(s)	26.99
Wash soap (BOOM)	11.70 400g	4 400g	46.79
Jelly (Vaseline)	25.80 500ml	1 500ml	25.80
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	250.00 Month(s)	1 Month(s)	250.00
Housing (3 bedroom)	1,850.00 Month(s)	1 Month(s)	1,850.00
Sanitary towels	14.80 Pack of 10	2 Pack of 10	29.60
Toilet Paper (2ply)	6.40 Tissue(s)	6 Tissue(s)	38.39
Lotion (Dawn)	22.90 250ml	1 250ml	22.90
Subtotal			ZMW 3,004.47

Total for Basic Needs and Nutrition Basket

ZMW 5,509.81

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	200.00	Chamboli-Town	16.00
Grades 8-9 (User + PTA/year)	200.00	Chimwemwe-Town	16.00

Health		Fuel (cost at the pump)	
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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

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 June, 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 June Basic Needs Basket is approximately US\$304 based upon the exchange rate Of K18.14. Other costs would include personal care, clothing, recreation, etc.

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