

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

March 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	142.50 25 kg bag	2 x 25Kg	285.00
Rice	109.81 5kg	4kg	87.85
Cassava Flour	25.00 1kg	6kg	150.00
(Irish) Potatoes	16.43 1 Kg	4 Kg	65.71
Beans	27.03 1kg	3kg	81.10
Pounded Groundnut	41.40 1kg	1kg	41.40
Soya Pieces	50.00 1 kg	2kg	100.00
Beef	60.00 1kg	2kg	120.00
Chicken	124.00 2kg	5kg	310.00
Kapenta	147.50 1kg	1kg	147.50
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	17.50 500 ml	10 liters	350.00
Vegetables	520.11 40 Kg	40kg	520.11
Onion	21.50 1 Kg	4 Kg	301.00
Tomatoes	20.40 1 kg	6 kg	122.38
Banana	15.50 1 Kg	16 Kg	248.00
Other Fruits	29.00 1 kg	14 Kg	406.00
Cooking oil (2.5lts)	137.50 2.5lt	3.6lt	198.00
Salt	9.50 1 Kg	1 Kg	9.50
Tea	16.89 250g	250g	16.89
Sub Total			ZMW 3,353.10

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	311.00 90kg bag(s)	2 90kg bag(s)	622.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	19.00 400g	4 400g	76.00
Jelly (Vaseline)	47.50 500ml	1 500ml	47.50
Electricity (medium density)	428.80 Month(s)	1 Month(s)	428.80
Water & Sanitation (med - fixed)	284.8.00 Month(s)	1 Month(s)	284.80
Housing (3 bedroom)	2,968.00 Month(s)	1 Month(s)	2,968.00
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 4, 3757.10
Total for Basic Needs and Nutrition Basket			ZMW 7,728.20

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)	600.00	Ndeke-Town	18.00
		Chifubu-Town	18.00
		Masala-Town	14.00
		Twapia-Town	20.00
		Mushili-Town	18.00

Health

Fuel (cost at the pump)

Item	Amount (ZMW)
Petrol (per litre)	21.94

Diesel (per litre)	21.54
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
9,411.54	4,952.87	5,535.44	5,161.08	7,392.31	7,728.20	5,673.25	6,193.28	5,805.29	6,318.00	7,101.57	6,828.55	6,462.12	5,909.14	5,361.44	6,725.60

This survey was conducted on 27th June by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were calculated on the basis of prices gathered from retail outlets at Northmead, Shoprite (Cairo Road), City Market, Chawama, Chainda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US\$439.10 Based upon the exchange rate Of K17.60 other costs Would include personal care, clothing, recreation, etc.

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