

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

May 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	148.00 25 kg bag	2 x 25Kg	296.00
Rice	112.61 5kg	4kg	90.09
Cassava Flour	18.87 1kg	6kg	113.21
(Sweet) Potatoes	10.10 1 Kg	4 Kg	40.40
Beans	28.57 1kg	3kg	85.71
Pounded Groundnut	45.00 1kg	1kg	45.00
Soya Pieces	52.00 1 kg	2kg	104.00
Beef	62.34 1kg	2kg	124.68
Chicken	120.00 2kg	5kg	300.00
Kapenta	162.16 1kg	1kg	162.16
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	18.00 500 ml	10 liters	360.00
Vegetables	551.05 40 Kg	40kg	551.05
Onion	15.79 1 Kg	4 Kg	63.16
Tomatoes	16.50 1 kg	6 kg	99.01
Banana	13.36 1 Kg	16 Kg	213.69
Other Fruits	25.00 1 kg	14 Kg	350.00
Cooking oil (2.5lts)	139.00 2.5lt	3.6lt	200.16
Salt	11.43 1 Kg	1 Kg	11.43
Tea	17.00 250g	250g	17.00
Sub Total			ZMW 3,406.76

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	300.00 90kg bag(s)	2 90kg bag(s)	600.00
Soap (Lifebuoy/Champion)	16.00 Tablet(s)	3 Tablet(s)	48.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	428.80 Month(s)	1 Month(s)	428.80
Water & Sanitation (med - fixed)	284.80 Month(s)	1 Month(s)	284.80
Housing (3 bedroom)	2,968.00 Month(s)	1 Month(s)	2,968.00
Jelly (Vaseline)	51.00 500ml	1 500ml	51.00
Sanitary towels	25.00 Pack of 10	2 Pack of 10	50.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.67 400ml	1 400ml	35.67
Subtotal			ZMW 4,582.27
Total for Basic Needs and Nutrition Basket			ZMW 7,989.03

(C) SOME OTHER ADDITIONAL COSTS

Education

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
School Uniform (Grade 8-12)	600.00		
		Messenger-Town	20.00
		Mitech-Town	30.00

Health

Item	Amount (ZMW)
Fuel (cost at the pump, May 2022)	
Petrol (per litre)	24.15
Diesel (per litre)	25.64

(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
9,293.04	4,769.71	5,418.00	5,115.81	6,967.62	7,989.03	5,643.27	5,117.00	5,898.01	6,340.18	7,189.71	7,060.70	6,311.46	5,891.62	5,241.29	6,218.60

This survey was conducted on 26th May 2022 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 Kyawama, Zambia, Main Market, Messenger, Mitech, Shoprite and Schools, Clinics/hospitals, and filling stations around Lusaka. The April Basic Needs and Nutrition Basket is approximately US\$465.29 based on the exchange rate of K17.17 other costs Would include personal care, clothing, recreation, etc.

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