

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

July 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	108.00 5kg	4kg	86.40
Cassava Flour	18.00 1kg	6kg	108.00
(Sweet) Potatoes	13.70 1 Kg	4 Kg	54.80
Beans	33.55 1kg	3kg	100.65
Pounded Groundnut	45.00 1kg	1kg	45.00
Soya Pieces	53.00 1 kg	2kg	106.00
Beef	68.55 1kg	2kg	137.10
Chicken	121.00 2kg	5kg	302.50
Kapenta	162.00 1kg	1kg	162.00
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	565.66 40 Kg	40kg	565.66
Onion	13.00 1 Kg	4 Kg	52.00
Tomatoes	12.79 1 kg	6 kg	76.74
Banana	15.67 1 Kg	16 Kg	250.72
Other Fruits	21.89 1 kg	14 Kg	306.46
Cooking oil (2.5lts)	138.00 2.5lt	3.6lt	198.72
Salt	12.00 1 Kg	1 Kg	12.00
Tea	19.00 250g	250g	19.00
Sub Total			ZMW 3,353.75

(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)	15.34 Tablet(s)	3 Tablet(s)	46.02
Wash soap (BOOM)	20.74 400g	4 400g	82.96
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)	48.00 500ml	1 500ml	48.00
Sanitary towels	30.00 Pack of 10	2 Pack of 10	60.00
Toilet Paper (2ply)	6.80 Tissue(s)	6 Tissue(s)	40.80
Lotion (Dawn)	38.00 400ml	1 400ml	38.00
Subtotal			ZMW 4,596.55
Total for Basic Needs and Nutrition Basket			ZMW 7,950.30

(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

Fuel (cost at the pump, June2022)

Item	Amount (ZMW)
Petrol (per litre)	26.75
Diesel (per litre)	28.01

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,324.17	5,417.73	5,948.75	7,129.85	4,867.75	6,906.73	6,294.05	6,287.79	9,332.82	6,157.84	4,549.61	5,486.47	5,843.48	7,290.37	7,950

This survey was conducted on 25th July 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 July Basic Needs and Nutrition Basket is approximately US\$477.78 based on the exchange rate of K16.74 other costs Would include personal care, clothing, recreation, etc.

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