

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	134.99 25 kg bag	2 x 25Kg	269.98
Rice	115.00 5kg	4kg	92.00
Cassava Flour	17.22 1kg	6kg	103.32
(Sweet) Potatoes	15.22 1 Kg	4 Kg	60.88
Beans	39.05 1kg	3kg	117.15
Pounded Groundnut	49.00 1kg	1kg	49.00
Soya Pieces	51.23 1 kg	2kg	102.46
Beef	64.76 1kg	2kg	129.52
Chicken	121.00 2kg	5kg	302.50
Kapenta	160.44 1kg	1kg	160.44
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	588.89 40 Kg	40kg	588.89
Onion	15.28 1 Kg	4 Kg	61.12
Tomatoes	10.78 1 kg	6 kg	64.68
Banana	15.00 1 Kg	16 Kg	240.00
Other Fruits	20.67 1 kg	14 Kg	289.38
Cooking oil (2.5lts)	138.00 2.5lt	3.6lt	198.72
Salt	13.00 1 Kg	1 Kg	13.00
Tea	22.00 250g	250g	22.00
Sub Total			ZMW 3,366.01

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	298.44 90kg bag(s)	2 90kg bag(s)	596.88
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	18.99 400g	4 400g	75.96
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)	52.11 500ml	1 500ml	52.11
Sanitary towels	28.77 Pack of 10	2 Pack of 10	57.54
Toilet Paper (2ply)	5.50 Tissue(s)	6 Tissue(s)	33.00
Lotion (Dawn)	39.99 400ml	1 400ml	39.99
Subtotal			ZMW 4,579.08
Total for Basic Needs and Nutrition Basket			ZMW 7,945.30

(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	18.50
		Mitech-Town	28.50

Health

Fuel (cost at the pump, August, 2022)

Item	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87

(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
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25th August 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 August Basic Needs and Nutrition Basket is approximately US\$499.70 based on the exchange rate of K16.74 other costs Would include personal care, clothing, recreation, etc.

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