

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

April 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	148.77 25 kg bag	2 x 25Kg	297.54
Rice	113.00 5kg	4kg	90.40
Cassava Flour	22.78 1kg	6kg	136.68
(Irish) Potatoes	18.78 1 Kg	4 Kg	75.12
Beans	30.89 1kg	3kg	92.67
Pounded Groundnut	43.21 1kg	1kg	43.21
Soya Pieces	52.34 1 kg	2kg	104.68
Beef	64.00 1kg	2kg	128.00
Chicken	125.00 2kg	5kg	312.50
Kapenta	152.00 1kg	1kg	152.00
Eggs	20.67 1 unit (10 eggs)	3 Trays (90 eggs)	186.00
Milk (Fresh)	16.00 500 ml	10 liters	320.00
Vegetables	555.56 40 Kg	40kg	555.56
Onion	22.00 1 Kg	4 Kg	88.00
Tomatoes	21.78 1 kg	6 kg	130.68
Banana	14.50 1 Kg	16 Kg	232.00
Other Fruits	28.00 1 kg	14 Kg	392.00
Cooking oil (2.5lts)	140.00 2.5lt	3.6lt	201.60
Salt	10.00 1 Kg	1 Kg	10.00
Tea	4.25 250g	250g	4.25
Sub Total			ZMW 3,552.89

(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)	620.00
Soap (Lifebuoy/Champion)	16.50 Tablet(s)	3 Tablet(s)	49.50
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)	50.00 500ml	1 500ml	50.00
Sanitary towels	24.00 Pack of 10	2 Pack of 10	48.00
Toilet Paper (2ply)	6.50 Tissue(s)	6 Tissue(s)	39.00
Lotion (Dawn)	36.00 400ml	1 400ml	36.00
Subtotal			ZMW 4,604.10
Total for Basic Needs and Nutrition Basket			ZMW 8,156.99

(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, April 2022)

Item	Amount (ZMW)
Petrol (per litre)	26.50
Diesel (per litre)	26.22

(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
9,326.41	4,929.03	5046.50	5,046.50	7,419.56	7,786.89	5,681.23	5821.51	5,905.33	6,258.75	7,210.13	7,083.61	6,409.65	5,864.11	5,353.01	6453.27

This survey was conducted on 25th April 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\$481.52 based on the exchange rate of K16.94 other costs would include personal care, clothing, recreation, etc.

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