

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	132.50 25 kg bag	2 x 25Kg	264.99
Rice	122.99 5kg	4kg	98.39
Cassava Flour	17.38 1kg	6kg	104.26
(Sweet) Potatoes	12.33 1 Kg	4 Kg	49.34
Beans	32.66 1kg	3kg	97.99
Pounded Groundnut	46.51 1kg	1kg	46.51
Soya Pieces	53.23 1 kg	2kg	106.45
Beef	48.04 1kg	2kg	96.08
Chicken	130.83 2kg	5kg	327.08
Kapenta	137.46 1kg	1kg	137.46
Eggs	20.28 1 unit (10 eggs)	3 Trays (90 eggs)	182.50
Milk (Fresh)	15.00 500 ml	10 liters	299.96
Vegetables	594.33 40 Kg	40kg	594.33
Onion	17.39 1 Kg	4 Kg	69.54
Tomatoes	13.72 1 kg	6 kg	82.30
Banana	18.08 1 Kg	16 Kg	289.21
Other Fruits	18.24 1 kg	14 Kg	255.36
Cooking oil (2.5lts)	101.78 2.5lt	3.6lt	146.56
Salt	9.21 1 Kg	1 Kg	9.21
Tea	23.50 250g	250g	23.50
Sub Total			ZMW 3,281.02

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	270.89 90kg bag(s)	2 90kg bag(s)	541.78
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	42.00
Wash soap (BOOM)	16.99 400g	4 400g	67.97
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)	48.82 500ml	1 500ml	48.82
Sanitary towels	33.24 Pack of 10	2 Pack of 10	66.47
Toilet Paper (2ply)	6.25 Tissue(s)	6 Tissue(s)	37.50
Lotion (Dawn)	37.66 400ml	1 400ml	37.66
Subtotal			ZMW 4,553.78
Total for Basic Needs and Nutrition Basket			ZMW 7,834.80

(C) SOME OTHER ADDITIONAL COSTS

(Education **Item**

Amount (ZMW)

School Uniform (Grade 8-12) 600.00

Transport (bus fare round trip) **Item**

Amount (ZMW)

Messenger-Town 18.50
Mitech-Town 28.50

Health

Fuel (cost at the pump, Sept., 2022)

Item

Amount (ZMW)

Petrol (per litre) 21.54

Diesel (per litre)
Paraffin (per litre) 16.71

23.12

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25th September 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 Solwezi. The September Basic Needs and Nutrition Basket is approximately US\$498.71 based on the exchange rate of K15.71 other costs Would include personal care, clothing, recreation, etc.

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