

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	130.40 25 kg bag	2 x 25Kg	260.80
Rice	118.30 5kg	4kg	94.64
Cassava Flour	30.44 1kg	6kg	182.63
(Sweet) Potatoes	11.09 1 Kg	4 Kg	44.35
Beans	30.06 1kg	3kg	90.17
Pounded Groundnut	32.97 1kg	1kg	32.97
Soya Pieces	64.60 1 kg	2kg	129.21
Beef	48.80 1kg	2kg	97.60
Chicken	139.20 2kg	5kg	347.99
Kapenta	124.16 1kg	1kg	124.16
Eggs	18.47 1 unit (10 eggs)	3 Trays (90 eggs)	166.19
Milk (Fresh)	13.80 500 ml	10 liters	275.96
Vegetables	603.91 40 Kg	40kg	603.91
Onion	14.76 1 Kg	4 Kg	59.04
Tomatoes	13.65 1 kg	6 kg	81.90
Banana	18.68 1 Kg	16 Kg	298.83
Other Fruits	18.53 1 kg	14 Kg	259.47
Cooking oil (2.5lts)	114.00 2.5lt	3.6lt	164.16
Salt	10.17 1 Kg	1 Kg	10.17
Tea	19.18 250g	250g	19.18
Sub Total			ZMW 3,343.32

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	242.75 90kg bag(s)	2 90kg bag(s)	485.50
Soap (Lifebuoy/Champion)	14.00 Tablet(s)	3 Tablet(s)	41.99
Wash soap (BOOM)	16.00 400g	4 400g	63.98
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)	48.50 500ml	1 500ml	48.50
Sanitary towels	35.47 Pack of 10	2 Pack of 10	70.94
Toilet Paper (2ply)	6.25 Tissue(s)	6 Tissue(s)	37.50
Lotion (Dawn)	37.50 400ml	1 400ml	37.50
Subtotal			ZMW 4,467.50
Total for Basic Needs and Nutrition Basket			ZMW 7,810.82

(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, Oct, 2022)

Item	Amount (ZMW)
Petrol (per litre)	22.74
Diesel (per litre)	26.16

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25th October 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 October Basic Needs and Nutrition Basket is approximately US\$467.43 based on the exchange rate of K16.71 other costs Would include personal care, clothing, recreation, etc.

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