

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	153.80 25 kg bag	2 x 25Kg	307.60
Rice	112.94 5kg	4kg	90.35
Cassava Flour	25.52 1kg	6kg	153.14
Irish Potatoes	12.88 1 Kg	4 Kg	51.53
Beans	26.57 1kg	3kg	79.71
Pounded Groundnut	27.96 1kg	1kg	27.96
Soya Pieces	43.87 1 kg	2kg	87.73
Beef	45.20 1kg	2kg	90.40
Chicken	120.00 2kg	5kg	300.00
Kapenta	118.03 1kg	1kg	118.03
Eggs	20.97 1 unit (10 eggs)	3 Trays (90 eggs)	188.69
Milk (Fresh)	15.20 500 ml	10 liters	303.96
Vegetables	733.93 40 Kg	40kg	733.93
Onion	20.62 1 Kg	4 Kg	82.49
Tomatoes	16.46 1 kg	6 kg	98.78
Banana	16.76 1 Kg	16 Kg	268.18
Other Fruits	7.94 1 kg	14 Kg	111.23
Cooking oil (2.5lts)	99.50 2.5lt	3.6lt	143.28
Salt	9.66 1 Kg	1 Kg	9.66
Tea	20.20 250g	250g	20.20
SubTotal			ZMW 3,266.84

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	468.00 90kg bag(s)	2 90kg bag(s)	936.00
Soap (Lifebuoy/Champion)	14.20 Tablet(s)	3 Tablet(s)	42.60
Wash soap (BOOM)	17.00 400g	4 400g	67.99
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)	42.40 500ml	1 500ml	42.40
Sanitary towels	25.80 Pack of 10	2 Pack of 10	51.60
Toilet Paper (2ply)	10.00 Tissue(s)	6 Tissue(s)	59.99
Lotion (Dawn)	39.00 400ml	1 400ml	39.00
Subtotal			ZMW 4,921.00
Total for Basic Needs and Nutrition Basket			ZMW 8,188.02

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)	600.00	Messenger-Town	18.50
		Mitech-Town	28.50
Health		Fuel (cost at the pump, Dec, 2022)	
		Item	Amount (ZMW)
		Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25th December, 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 as well as Schools, clinics/hospitals, and filling stations around Solwezi. The December Basic Needs and Nutrition Basket is approximately US\$ 455.65 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia

Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm

Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka