**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Solwezi** **January** **2025**

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

**Commodity** **Price (ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Mealie Meal (Roller) 291.67 25 kg bag 2 x 25Kg 583.33

Rice 179.54 5kg 4kg 143.63

Cassava Flour 68.40 1kg 6kg 410.41

(Sweet) Potatoes 16.85 1 Kg 4 Kg 67.41

Beans 28.21 1kg 3kg 84.62

Pounded Groundnut 95.81 1kg 1kg 95.81

Soya Pieces 70.88 1 kg 2kg 141.75

Beef 59.50 1kg 2kg 118.99

Chicken 132.82 2kg 5kg 332.06

Kapenta 239.57 1kg 1kg 239.57

Eggs 27.94 1 unit (10 eggs) 3 Trays (90 eggs) 251.50

Milk (Fresh) 15.83 500 ml 10 liters 316.63

Vegetables 882.74 40 Kg 40kg 882.74

Onion 65.02 1 Kg 4 Kg 260.10

Tomatoes 27.47 1 kg 6 kg 164.83

Banana 35.21 1 Kg 16 Kg 563.33

Other Fruits 16.27 1 kg 14 Kg 227.71

Cooking oil (2.5lts) 124.58 2.5lt 3.6lt 179.40

Salt 17.22 1 Kg 1 Kg 17.22

Tea 13.95 250g 250g 13.95

**SubTotal** **ZMW 5,095.00**

**(B) COST OF ESSENTIAL NON-FOOD ITEMS**

**Commodity** **Price(ZMW)** **/ Unit** **Quantity / Month** **Total (ZMW)**

Charcoal 322.20 90kg bag(s) 2 90kg bag(s) 644.40

Soap (Lifebuoy/Champion) 17.83 Tablet(s) 3 Tablet(s) 53.50

Wash soap (BOOM) 31.16 400g 4 400g 124.63

Jelly (Vaseline) 59.20 500ml 1 500ml 59.20

Electricity (medium density) 428.80 Month(s) 1 Month(s) 428.80

Water & Sanitation (med - fixed) 282.80 Month(s) 1 Month(s) 282.80

Housing (3 bedroom) 2,968.00 Month(s) 1 Month(s) 2,968.00

Sanitary towels 40.67 Pack of 10 2 Pack of 10 81.33

Toilet Paper (2ply) 10.62 Tissue(s) 6 Tissue(s) 63.75

Lotion (Dawn) 43.00 400ml 1 400ml 43.00

**Subtotal** **ZMW 4,749.39**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,844.39**

**(C) SOME OTHER ADDITIONAL COSTS**

School Uniform (Grade 8-12)] K200.00 Town to Kyawama K20.00

Town to Mitech K20.00

Town to Kazomba K20.00

Town to Messenger K20.00

***Health*** ***Fuel (cost at the pump)***

**Item** **Amount (ZMW)**

Nil Petrol (per litre) 34.67 Diesel (per litre) 32.43

Paraffin (per litre) 28.67

**(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 |
| **5,965.29** | **8,926.15** | **6,419.43** | **8,181.02** | **6,187.95** | **9,180.41** | **9,328.64** | **8,022.42** | **10,800.56** | **7,357.36** | **6,978.57** | **5,889.32** | **6,913.89** | **8,089.57** | **9,607.16** | **9,844.39** |

This survey was conducted on 10th January 2025 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection.Average Prices were calculated based on prices gathered from retail outlets at Kyawama, Zambia, Main Market, Messenger, Mitech and Shoprite around Solwezi. The Basic Needs Basket is approximately US$353.61 based upon the exchange rate of K27.84. 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**