**JCTR BASIC NEEDS AND NUTRITION BASKET**

**Solwezi** **April** **2025**

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

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

Mealie Meal (Roller) 292.33 25 kg bag 2 x 25Kg 584.67

Rice 233.08 5kg 4kg 186.47

Cassava Flour 74.47 1kg 6kg 446.81

(Sweet) Potatoes 11.94 1Kg 4 Kg 47.77

Beans 25.87 1kg 3kg 77.60

Pounded Groundnut 78.27 1kg 1kg 78.27

Soya Pieces 78.36 1 kg 2kg 156.73

Beef 60.50 1kg 2kg 121.00

Chicken 140.50 2kg 5kg 351.25

Kapenta 152.74 1kg 1kg 152.74

Eggs 28.11 1 unit (10 eggs) 3 Trays (90 eggs) 252.97

Milk (Fresh) 15.83 500 ml 10 liters 316.63

Vegetables 806.14 40 Kg 40kg 806.14

Onion 57.48 1 Kg 4 Kg 229.93

Tomatoes 32.03 1 kg 6 kg 192.19

Banana 27.87 1 Kg 16 Kg 445.84

Other Fruits 27.71 1 kg 14 Kg 387.91

Cooking oil (2.5lts) 125.67 2.5lt 3.6lt 180.96

Salt 9.48 1 Kg 1 Kg 9.48

Tea 14.83 250g 250g 14.83

**SubTotal** **ZMW 5,040.19**

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

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

Charcoal 329.37 90kg bag(s) 2 90kg bag(s) 658.73

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

Wash soap (BOOM) 30.40 400g 4 400g 121.59

Jelly (Vaseline) 50.00 500ml 1 500ml 50.00

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 4,751.49**

**Total for Basic Needs and Nutrition Basket** **ZMW 9,791.68**

**(C) SOME OTHER ADDITIONAL COSTS**

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

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) 34.98 Diesel (per litre) 32.54 Paraffin (per litre) 29.56

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

This survey was conducted on 11th April 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$346.98 based on the exchange rate of K28.22. Other costs would include personal care, clothing, recreation, etc.

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