

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

February 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	127.67 25 kg bag	2 x 25Kg	255.33
Rice	116.30 5kg	4kg	93.04
Cassava Flour	21.09 1kg	6kg	126.54
(Irish) Potatoes	18.77 1 Kg	4 Kg	75.08
Beans	27.16 1kg	3kg	81.48
Pounded Groundnut	41.15 1kg	1kg	41.15
Soya Pieces	40.95 1 kg	2kg	81.94
Beef	57.00 1kg	2kg	114.00
Chicken	139.83 2kg	5kg	349.58
Kapenta	123.38 1kg	1kg	123.38
Eggs	20.22 1 unit (10 eggs)	3 Trays (90 eggs)	182.00
Milk (Fresh)	16.17 500 ml	10 liters	323.30
Vegetables	512.38 40 Kg	40kg	512.38
Onion	25.11 1 Kg	4 Kg	100.46
Tomatoes	20.59 1 kg	6 kg	123.54
Banana	11.66 1 Kg	16 Kg	186.63
Other Fruits	23.25 1 kg	14 Kg	325.48
Cooking oil (2.5lts)	122.50 2.5lt	3.6lt	176.40
Salt	10.17 1 Kg	1 Kg	10.17
Tea	14.00 250g	250g	14.00
<b>SubTotal</b>			<b>ZMW 3,312.66</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	185.00 90kg bag(s)	2 90kg bag(s)	370.00
Soap (Lifebuoy/Champion)	14.67 Tablet(s)	3 Tablet(s)	44.00
Wash soap (BOOM)	19.25 400g	4 400g	77.00
Jelly (Vaseline)	41.25 500ml	1 500ml	41.25
Electricity (medium density)	428.80 Month(s)	1 Month(s)	428.80
Water & Sanitation (med - fixed)	284.8.00 Month(s)	1 Month(s)	284.80
Housing (3 bedroom)	2,968.00 Month(s)	1 Month(s)	2,968.00
Sanitary towels	23.00 Pack of 10	2 Pack of 10	46.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	39.75 400ml	1 400ml	39.75
<b>Subtotal</b>			<b>ZMW 4, 329.60</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,642.26</b>

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform	820.00	Chawama-Town	15.00
		Mitec-Town	15.00
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	21.96
		Diesel (per litre)	21.54
		Paraffin (per litre)	15.39

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

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
9,305.38	4,756.50	5,343.93	5,043.46	7,382.9	7,642.26	5,589.99	6,560.66	5,915.73	6,344.84	7,062.48	7,062.48	6,677.32	5,864.69	4,923.69	6,216.69

This survey was conducted on 27th June 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 Northmead, Shoprite (Cairo Road), City Market, Chawama, Chinda, Kabwata, Matero and Schools, Clinics/hospitals, and filling stations around Lusaka. The December Basic Needs Basket is approximately US186.10. Based upon the exchange rate Of K17.80 other costs Would include personal care, clothing, recreation, etc.

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**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

**<https://repository.jctr.org.zm>**

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