

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

June 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	145.67 25 kg bag	2 x 25Kg	291.34
Rice	110.00 5kg	4kg	88.00
Cassava Flour	19.00 1kg	6kg	114.00
(Sweet) Potatoes	11.00 1 Kg	4 Kg	44.00
Beans	32.11 1kg	3kg	96.33
Pounded Groundnut	43.56 1kg	1kg	43.56
Soya Pieces	50.00 1 kg	2kg	100.00
Beef	65.00 1kg	2kg	130.00
Chicken	117.99 2kg	5kg	294.98
Kapenta	158.00 1kg	1kg	158.00
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	16.78 500 ml	10 liters	335.60
Vegetables	566.67 40 Kg	40kg	566.67
Onion	15.00 1 Kg	4 Kg	60.00
Tomatoes	15.50 1 kg	6 kg	93.00
Banana	14.00 1 Kg	16 Kg	224.00
Other Fruits	22.00 1 kg	14 Kg	308.00
Cooking oil (2.5lts)	140.00 2.5lt	3.6lt	201.60
Salt	12.00 1 Kg	1 Kg	12.00
Tea	18.00 250g	250g	18.00
<b>Sub Total</b>			<b>ZMW 3,344.07</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	305.00 90kg bag(s)	2 90kg bag(s)	610.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
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)	48.00 500ml	1 500ml	48.00
Sanitary towels	26.00 Pack of 10	2 Pack of 10	52.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.67 400ml	1 400ml	35.67
<b>Subtotal</b>			<b>ZMW 4,588.27</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 7,932.34</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)
School Uniform (Grade 8-12)	600.00

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

Item	Amount (ZMW)
Messenger-Town	20.00
Mitech-Town	30.00

### **Health**

### **Fuel (cost at the pump, June2022)**

Item	Amount (ZMW)
Petrol (per litre)	24.95
Diesel (per litre)	25.64

**(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
9,301.46	4,667.78	5,372.23	5,048.05	7,404.01	7,932.46	5,575.76	5,398.00	5,888.94	6,363.37	7,162.11	7,079.11	6,286.30	5,912.37	5,244.01	6,173.37

This survey was conducted on 27<sup>th</sup> June 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 Lusaka. The June Basic Needs and Nutrition Basket is approximately US447.14 based on the exchange rate of K17.74 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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2022-06-30

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