

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

April 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.89 25 kg bag	2 x 25Kg	259.78
Rice	211.38 5kg	4kg	169.11
Cassava Flour	42.70 1kg	6kg	256.23
(Sweet) Potatoes	25.79 1 Kg	4 Kg	103.15
Beans	33.62 1kg	3kg	100.85
Pounded Groundnut	54.37 1kg	1kg	54.37
Soya Pieces	33.78 1 kg	2kg	67.57
Beef	43.16 1kg	2kg	86.32
Chicken	95.83 2kg	5kg	239.58
Kapenta	99.71 1kg	1kg	99.71
Eggs	21.30 1 unit (10 eggs)	3 Trays (90 eggs)	191.74
Milk (Fresh)	14.40 500 ml	10 liters	287.96
Vegetables	595.45 40 Kg	40kg	595.45
Onion	39.89 1 Kg	4 Kg	159.55
Tomatoes	15.78 1 kg	6 kg	94.67
Banana	12.43 1 Kg	16 Kg	198.82
Other Fruits	12.56 1 kg	14 Kg	175.82
Cooking oil (2.5lts)	134.54 2.5lt	3.6lt	193.74
Salt	13.95 1 Kg	1 Kg	13.95
Tea	8.78 250g	250g	8.78
<b>SubTotal</b>			<b>ZMW 3,357.12</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	180.00 90kg bag(s)	2 90kg bag(s)	360.00
Soap (Lifebuoy/Champion)	15.70 Tablet(s)	3 Tablet(s)	47.11
Wash soap (BOOM)	23.43 400g	4 400g	93.73
Jelly (Vaseline)	42.33 500ml	1 500ml	42.33
Electricity (medium density)	400.00 Month(s)	1 Month(s)	400.00
Water & Sanitation (med - fixed)	154.00 Month(s)	1 Month(s)	154.00
Housing (3 bedroom)	2,284.00 Month(s)	1 Month(s)	2,284.00
Sanitary towels	24.51 Pack of 10	2 Pack of 10	49.02
Toilet Paper (2ply)	3.95 Tissue(s)	6 Tissue(s)	23.71
Lotion (Dawn)	41.03 400ml	1 400ml	41.03
<b>Subtotal</b>			<b>ZMW 3,494.94</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 6,852.06**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	52.00	Chawama-Town	10.00
Grades 8-9 (User + PTA/year)	600.00	Mitec-Town	10.00
Grades 10-12 (User + PTA/year)	600.00		
School Uniform	232.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
		Petrol (per litre)	17.62
		Diesel (per litre)	15.59
		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
8,743.89	3,973.17	4,729.47	4,876.92	6,382.74	6,852.06	5,081.47	5,086.34	5,105.30	5,947.50	6,955.58	6,720.71	6,615.57	5,297.26	5,906.59	5,970.53

### Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 27<sup>th</sup> April, 2021 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Kyawama Market, Main Market, Zambia Market, and Messenger Market. Additional information was obtained from ZESCO, Solwezi water and Sewerage Company and schools, clinics and houses around Solwezi. The April Basic Needs Basket is approximately US\$307 based upon the exchange rate of K22.29 Other costs would include personal care, clothing, recreation, etc.

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