

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

January 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	157.00 25 kg bag	2 x 25Kg	314.00
Rice	80.33 5kg	4kg	64.26
Cassava Flour	46.71 1kg	6kg	280.29
Beans	16.64 1kg	3kg	49.92
Pounded Groundnut	45.77 1kg	1kg	45.77
Soya Pieces	42.60 1 kg	2kg	85.19
Beef	45.03 1kg	2kg	90.06
Chicken	133.17 2kg	5kg	332.91
Kapenta	131.01 1kg	1kg	131.01
Eggs	20.78 1 unit (10 eggs)	3 Trays (90 eggs)	187.00
Milk (Fresh)	15.67 500 ml	10 liters	313.30
Vegetables	772.86 40 Kg	40kg	772.86
Onion	19.37 1 Kg	4 Kg	77.48
Tomatoes	20.07 1 kg	6 kg	120.43
Banana	14.54 1 Kg	16 Kg	232.69
Other Fruits	21.66 1 kg	14 Kg	303.20
Cooking oil (2.5lts)	103.83 2.5lt	3.6lt	149.51
Salt	10.75 1 Kg	1 Kg	10.75
Tea	20.00 250g	250g	20.00
SubTotal			ZMW 3,580.63

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	246.60 90kg bag(s)	2 90kg bag(s)	493.20
Soap (Lifebuoy/Champion)	14.82 Tablet(s)	3 Tablet(s)	44.47
Wash soap (BOOM)	19.08 400g	4 400g	76.33
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)	41.67 500ml	1 500ml	41.67
Sanitary towels	33.50 Pack of 10	2 Pack of 10	67.00
Toilet Paper (2ply)	9.83 Tissue(s)	6 Tissue(s)	58.99
Lotion (Dawn)	38.83 400ml	1 400ml	38.83
Subtotal			ZMW 4502.08

Total for Basic Needs and Nutrition Basket

ZMW 8082.71

(C) SOME OTHER ADDITIONAL COSTS

Item	Amount (ZMW)	Item	Amount (ZMW)
School Uniform (Grade 8-12)	600.00	Messenger-Town	18.50
		Mitech-Town	28.50

Health

Fuel (cost at the pump, Jan, 2023)

Item	Amount (ZMW)
Petrol (per litre)	24.49
Diesel (per litre)	26.44
Paraffin (per litre)	19.98

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,720.11	5,991.62	7,001.98	4,836.29	7,596.98	6,771.75	9,047.31	5,937.84	5,443.87	6,670.92	5,584.91	5,559.81	6129.33	7,577.20	8,082.71

This survey was conducted on 27th January 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 as well as Schools, clinics/hospitals, and filling stations around Solwezi. The Basic Needs Basket is approximately US\$426.53 based upon the exchange rate of K18.95. Other costs would include personal care, clothing, recreation, etc.

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2023-01-31

Solwezi January 2023 Basic Needs and Nutrition Basket Report

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