

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.

Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia
Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: jctr.sed@gmail.com Website: www.jctr.org.zm
Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka

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Reports

Advocacy on Living Conditions

2023-01-31

Solwezi January 2023 Basic Needs and Nutrition Basket Report

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