

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

February 2023

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	153.50 25 kg bag	2 x 25Kg	307.00
Rice	84.13 5kg	4kg	67.30
Cassava Flour	48.80 1kg	6kg	292.83
Irish Potatoes	13.43 1 Kg	4 Kg	53.71
Beans	19.10 1kg	3kg	57.29
Pounded Groundnut	52.06 1kg	1kg	52.06
Soya Pieces	40.97 1 kg	2kg	81.94
Beef	49.33 1kg	2kg	98.66
Chicken	121.16 2kg	5kg	302.89
Kapenta	103.99 1kg	1kg	103.99
Eggs	20.83 1 unit (10 eggs)	3 Trays (90 eggs)	187.50
Milk (Fresh)	15.91 500 ml	10 liters	318.17
Vegetables	722.62 40 Kg	40kg	722.62
Onion	17.93 1 Kg	4 Kg	71.72
Tomatoes	13.13 1 kg	6 kg	78.75
Banana	19.11 1 Kg	16 Kg	305.78
Other Fruits	18.02 1 kg	14 Kg	252.30
Cooking oil (2.5lts)	102.25 2.5lt	3.6lt	147.24
Salt	10.84 1 Kg	1 Kg	10.84
Tea	18.50 250g	250g	18.50
<b>SubTotal</b>			<b>ZMW 3,531.09</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	232.40 90kg bag(s)	2 90kg bag(s)	464.80
Soap (Lifebuoy/Champion)	14.82 Tablet(s)	3 Tablet(s)	44.47
Wash soap (BOOM)	18.49 400g	4 400g	73.96
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)	43.00 500ml	1 500ml	43.00
Sanitary towels	37.67 Pack of 10	2 Pack of 10	75.33
Toilet Paper (2ply)	14.33 Tissue(s)	6 Tissue(s)	85.99
Lotion (Dawn)	38.00 400ml	1 400ml	38.00
<b>Subtotal</b>			<b>ZMW 4,507.15</b>

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

**ZMW 8,038.24**

## (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, FEB, 2023)**

Item	Amount (ZMW)
Petrol (per litre)	27.22
Diesel (per litre)	29.25
Paraffin (per litre)	22.29

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5930.03	6,645.42	5,951.1	7,228.92	4971.85	7,519.58	6,737.26	9,278.06	5,780.79	5,348.04	6674.41	5,501.73	6558.18	6,269.85	7,761.83	8038.24

This survey was conducted on 27th February 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\$406.79 based upon the exchange rate of K19.76. Other costs would include personal care, clothing, recreation, etc

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**JCTR Repository**

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

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