

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

January 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	129.20 25 kg bag	2 x 25Kg	258.41
Rice	162.25 5kg	4kg	129.80
Cassava Flour	24.97 1kg	6kg	149.84
(Sweet) Potatoes	18.33 1 Kg	4 Kg	73.32
Beans	39.83 1kg	3kg	119.48
Pounded Groundnut	51.12 1kg	1kg	51.12
Soya Pieces	22.72 1 kg	2kg	45.44
Beef	44.89 1kg	2kg	89.78
Chicken	88.76 2kg	5kg	221.91
Kapenta	79.57 1kg	1kg	79.57
Eggs	20.48 1 unit (10 eggs)	3 Trays (90 eggs)	184.34
Milk (Fresh)	11.08 500 ml	10 liters	221.67
Vegetables	630.76 40 Kg	40kg	630.76
Onion	12.10 1 Kg	4 Kg	48.41
Tomatoes	13.37 1 kg	6 kg	80.19
Banana	14.93 1 Kg	16 Kg	238.89
Other Fruits	12.51 1 kg	14 Kg	175.12
Cooking oil (2.5lts)	99.79 2.5lt	3.6lt	143.70
Salt	9.07 1 kg	1 Kg	9.07
Tea	16.15 250g	250g	16.15
<b>SubTotal</b>			<b>ZMW 2,966.97</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	182.00 90kg bag(s)	2 90kg bag(s)	364.00
Soap (Lifebuoy/Champion)	14.21 Tablet(s)	3 Tablet(s)	42.62
Wash soap (BOOM)	15.17 400g	4 400g	60.66
Jelly (Vaseline)	40.04 500ml	1 500ml	40.04
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	24.22 Pack of 10	1 Pack of 10	44.11
Toilet Paper (2ply)	3.81 Tissue(s)	6 Tissue(s)	22.87
Lotion (Dawn)	41.28 400ml	1 400ml	41.28
<b>Subtotal</b>			<b>ZMW 3,453.56</b>

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

**ZMW 6,420.53**

## (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
8394.01.	3,854.99	4,886.73	4,402.41	5,982.58	6,420.53	4,693.47	4,918.63	4,359.43	5,246.75	6,256.95	6,734.83	5,407.56	5,358.78	5,479.28	5,027.35

### 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> January, 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 January Basic Needs Basket is approximately US\$298 based upon the exchange rate of K21.58 Other costs would include personal care, clothing, recreation, etc.

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

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# Solwezi December 2022 Basic Needs and Nutrition Basket Report

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