

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

July 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	119.17 25 kg bag	2 x 25Kg	238.33
Rice	192.66 5kg	4kg	154.13
Cassava Flour	45.19 1kg	6kg	271.17
(Sweet) Potatoes	10.68 1 Kg	4 Kg	42.71
Beans	40.28 1kg	3kg	120.84
Pounded Groundnut	52.87 1kg	1kg	52.87
Soya Pieces	37.30 1 kg	2kg	74.60
Beef	49.50 1kg	2kg	99.00
Chicken	107.08 2kg	5kg	267.69
Kapenta	79.08 1kg	1kg	79.08
Eggs	21.12 1 unit (10 eggs)	3 Trays (90 eggs)	190.06
Milk (Fresh)	10.43 500 ml	10 liters	208.65
Vegetables	1,163.52 40 Kg	40kg	1,163.52
Onion	36.87 1 Kg	4 Kg	147.46
Tomatoes	26.94 1 kg	6 kg	161.63
Banana	15.42 1 Kg	16 Kg	246.77
Other Fruits	27.51 1 kg	14 Kg	385.19
Cooking oil (2.5lts)	119.45 2.5lt	3.6lt	172.01
Salt	15.70 1 Kg	1 Kg	15.70
Tea	15.79 250g	250g	15.79
<b>SubTotal</b>			<b>ZMW 4,107.19</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)	19.54 Tablet(s)	3 Tablet(s)	58.61
Wash soap (BOOM)	36.05 400g	4 400g	144.20
Jelly (Vaseline)	41.72 500ml	1 500ml	41.72
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	27.67 Pack of 10	2 Pack of 10	55.33
Toilet Paper (2ply)	3.97 Tissue(s)	6 Tissue(s)	23.80
Lotion (Dawn)	43.87 400ml	1 400ml	43.87
<b>Subtotal</b>			<b>ZMW 3,565.54</b>

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

**ZMW 7,672.73**

## (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
8,495.52	4,502.47	5,139.10	4,885.48	6,856.41	7,672.73	5,465.83	5,721.86	5,417.16	6,011.37	7,343.97	6,945.21	5,610.84	5,667.17	5,962.13	7,071.33

### 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> July, 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 July Basic Needs Basket is approximately US\$400 based upon the exchange rate Of K19.20. Other costs would include personal care, clothing, recreation, etc.

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