

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

December 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	115.56 25 kg bag	2 x 25Kg	231.11
Rice	201.01 5kg	4kg	160.80
Cassava Flour	19.78 1kg	6kg	118.65
(Sweet) Potatoes	6.59 1 Kg	4 Kg	26.38
Beans	17.32 1kg	3kg	51.96
Pounded Groundnut	15.16 1kg	1kg	15.16
Soya Pieces	11.64 1 kg	2kg	23.28
Beef	44.69 1kg	2kg	89.38
Chicken	89.10 2kg	5kg	222.74
Kapenta	56.72 1kg	1kg	56.72
Eggs	17.51 1 unit (10 eggs)	3 Trays (90 eggs)	157.59
Milk (Fresh)	11.00 500 ml	10 liters	220.00
Vegetables	446.97 40 Kg	40kg	446.97
Onion	12.10 1 Kg	4 Kg	48.41
Tomatoes	9.69 1 kg	6 kg	58.13
Banana	13.66 1 Kg	16 Kg	218.54
Other Fruits	9.63 1 kg	14 Kg	134.85
Cooking oil (2.5lts)	91.06 2.5lt	3.6lt	131.12
Salt	9.05 1 Kg	1 Kg	9.05
Tea	13.99 250g	250g	13.99
SubTotal			ZMW 2,434.84

(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)	11.54 Tablet(s)	3 Tablet(s)	34.62
Wash soap (BOOM)	30.77 400g	4 400g	123.08
Jelly (Vaseline)	40.41 500ml	1 500ml	40.41
Electricity (medium density)	350.00 Month(s)	1 Month(s)	350.00
Water & Sanitation (med - fixed)	120.00 Month(s)	1 Month(s)	120.00
Housing (3 bedroom)	2,200.00 Month(s)	1 Month(s)	2,200.00
Sanitary towels	24.20 Pack of 10	2 Pack of 10	48.39
Toilet Paper (2ply)	5.34 Tissue(s)	6 Tissue(s)	32.05
Lotion (Dawn)	45.58 400ml	1 400ml	45.58
Subtotal			ZMW 3,358.12
Total for Basic Needs and Nutrition Basket			ZMW 5,792.96

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Mitec-Town	12.00
Grades 8-9 (User + PTA/year)	444.00	Messenger-Town	12.00
Grades 10-12 (User + PTA/year)	2,250.00		
Health		Fuel (cost at the pump)	
item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	50.00	Petrol (per litre)	17.62
Malaria test	50.00	Diesel (per litre)	15.59
Consultation Fee	50.00	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
7,404.05	4,281.32	4,016.91	4,506.16	5,977.38	5,792.96	5,140.81	4,679.10	4,395.17	5,120.98	5,454.16	6,474.98	5,180.64	5,583.72	5,878.91	5,082.07

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 27th December, 2020 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 December Basic Needs Basket is approximately US\$274 based upon the exchange rate Of K21.14 Other costs would include personal care, clothing, recreation, etc.

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