

# JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

March 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	149.98 25 kg bag	2 x 25Kg	299.97
Rice	151.54 5kg	4kg	121.24
Cassava Flour	53.76 1kg	6kg	322.56
(Sweet) Potatoes	17.85 1 Kg	4 Kg	71.38
Beans	26.31 1kg	3kg	78.94
Pounded Groundnut	44.41 1kg	1kg	44.41
Soya Pieces	10.25 1 kg	2kg	20.50
Beef	32.96 1kg	2kg	65.92
Chicken	66.17 2kg	5kg	165.41
Kapenta	105.87 1kg	1kg	105.87
Eggs	13.32 1 unit (10 eggs)	3 Trays (90 eggs)	119.84
Milk (Fresh)	5.67 500 ml	10 liters	113.41
Vegetables	923.02 40 Kg	40kg	923.02
Onion	21.76 1 Kg	4 Kg	87.05
Tomatoes	10.95 1 kg	6 kg	65.68
Banana	28.68 1 Kg	16 Kg	458.83
Other Fruits	37.79 1 kg	14 Kg	529.06
Cooking oil (2.5lts)	76.63 2.5lt	3.6lt	110.35
Salt	5.70 1 kg	1 Kg	5.70
Tea	17.01 250g	250g	17.01
<b>SubTotal</b>			<b>ZMW 3,726.13</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	137.60 90kg bag(s)	2 90kg bag(s)	275.20
Soap (Lifebuoy/Champion)	9.58 Tablet(s)	3 Tablet(s)	28.73
Wash soap (BOOM)	14.42 400g	4 400g	57.66
Jelly (Vaseline)	42.48 500ml	1 500ml	42.48
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	26.75 Pack of 10	2 Pack of 10	53.50
Toilet Paper (2ply)	4.89 Tissue(s)	6 Tissue(s)	29.33
Lotion (Dawn)	36.33 400ml	1 400ml	36.33
<b>Subtotal</b>			<b>ZMW 3,193.23</b>

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

**ZMW 6,919.36**

## (C) SOME OTHER ADDITIONAL COSTS

<b>Education</b>		<b>Transport (bus fare round trip)</b>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Mitec-Town	14.00
Grades 10-12 (User + PTA/year)	2,250.00		
School Uniform (Grades 8-9)	444.00		
<b>Health</b>		<b>Fuel (cost at the pump)</b>	
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
7,014.13	3,824.00	4,714.12	4,150.68	5,942.35	6,919.12	5,448.97	4,774.06	3,764.91	5,491.01	5,382.93	6,098.18	5,690.61	4,901.28	4,919.24	5,541.09

### 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 March, 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 March Basic Needs Basket is approximately US\$390 based upon the exchange rate of K17.76. Other costs would include personal care, clothing, recreation, etc.

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