

# JCTR BASIC NEEDS AND NUTRITION BASKET

**Solwezi**

**December 2019**

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	166.00 25 kg bag	2 x 25Kg	332.00
Rice	32.03 5kg	4kg	25.62
Cassava Flour	3.89 1kg	6kg	23.35
(Sweet) Potatoes	5.15 1 Kg	4 Kg	20.61
Beans	35.76 1kg	3kg	107.29
Pounded Groundnut	26.77 1kg	1kg	26.77
Soya Pieces	9.58 1 kg	2kg	19.17
Beef	39.39 1kg	2kg	78.79
Chicken	58.88 2kg	5kg	147.20
Kapenta	48.59 1kg	1kg	48.59
Eggs	15.03 1 unit (10 eggs)	3 Trays (90 eggs)	135.23
Milk (Fresh)	5.04 500 ml	10 liters	100.74
Vegetables	285.99 40 Kg	40kg	285.99
Onion	5.02 1 Kg	4 Kg	20.09
Tomatoes	3.58 1 kg	6 kg	21.46
Banana	3.54 1 Kg	16 Kg	56.65
Other Fruits	6.49 1 kg	14 Kg	90.79
Cooking oil (2.5lts)	88.75 2.5lt	3.6lt	127.81
Salt	11.00 1 Kg	1 Kg	11.00
Tea	19.20 250g	250g	19.20
<b>SubTotal</b>			<b>ZMW 1,698.33</b>

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

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	8.53 Tablet(s)	3 Tablet(s)	25.59
Wash soap (BOOM)	17.33 400g	4 400g	69.31
Jelly (Vaseline)	42.00 500ml	1 500ml	42.00
Electricity (medium density)	300.00 Month(s)	1 Month(s)	300.00
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	30.58 Pack of 10	2 Pack of 10	61.17
Toilet Paper (2ply)	2.78 Tissue(s)	6 Tissue(s)	16.65
Lotion (Dawn)	42.33 250ml	1 250ml	42.33
<b>Subtotal</b>			<b>ZMW 3,177.04</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 4,875.36</b>

## (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	Chawama-Town	10.00
Grades 8-9 (User + PTA/year)	444.00	Mitec-Town	10.00
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	180.00		
School Uniform (Grades 8-9)	225.00		
<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
		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
6,620.73	3734.11	4,595.96	3,752.68	5,274.16	4,875.36	4,724.92	5,275.79	3,475.01	4,511.58	5,774.45	5,781.15	4,807.91	4,606.63	4,762.18	4,646.23

**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 and Oranges.

This survey was conducted on 27th December, 2019 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, Mitec 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\$352 based upon the exchange rate Of K13.85. Other costs would include personal care, clothing, recreation, etc.

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**Jesuit Centre for Theological Reflection (JCTR)**

**JCTR Repository**

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

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