

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

September 2021

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	92.00 25 kg bag	2 x 25Kg	184.00
Rice	454.52 5kg	4kg	363.62
Cassava Flour	14.43 1kg	6kg	86.58
(Sweet) Potatoes	11.99 1 Kg	4 Kg	47.98
Beans	18.59 1kg	3kg	55.78
Pounded Groundnut	20.53 1kg	1kg	20.53
Soya Pieces	28.07 1 kg	2kg	56.13
Beef	45.80 1kg	2kg	91.60
Chicken	87.33 2kg	5kg	218.33
Kapenta	66.00 1kg	1kg	66.00
Eggs	19.44 1 unit (10 eggs)	3 Trays (90 eggs)	175.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	441.71 40 Kg	40kg	441.71
Onion	13.60 1 Kg	4 Kg	54.39
Tomatoes	9.55 1 kg	6 kg	57.30
Banana	12.85 1 Kg	16 Kg	205.55
Other Fruits	24.00 1 kg	14 Kg	335.97
Cooking oil (2.5lts)	128.33 2.5lt	3.6lt	184.80
Salt	26.00 1 Kg	1 Kg	26.00
Tea	12.33 250g	250g	12.33
SubTotal			ZMW 2,993.59

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	216.00 90kg bag(s)	2 90kg bag(s)	432.00
Soap (Lifebuoy/Champion)	19.00 Tablet(s)	3 Tablet(s)	57.00
Wash soap (BOOM)	25.80 400g	4 400g	103.20
Jelly (Vaseline)	42.50 500ml	1 500ml	42.50
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	23.63 Pack of 10	2 Pack of 10	47.25
Toilet Paper (2ply)	4.04 Tissue(s)	6 Tissue(s)	24.23
Lotion (Dawn)	42.50 400ml	1 400ml	42.50
Subtotal			ZMW 3,586.68

Total for Basic Needs and Nutrition Basket

ZMW 6,580.27

(C) SOME OTHER ADDITIONAL COSTS

Education		Transport (bus fare round)	
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		
Health		Fuel (cost at the pump)	
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
8,474.45	4,256.12	5,184.87	4,995.02	6,655.88	6,580.27	5,024.40	5,581.27	5,659.38	5,893.56	6,896.90	6,853.11	6,072.17	5,580.53	5,342.5	6,160.18

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 September, 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 September Basic Needs Basket is approximately US\$395 based upon the exchange rate of K16.67. Other costs would include personal care, clothing, recreation, etc.

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2021-09-30

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