

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

October 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	86.41 25 kg bag	2 x 25Kg	172.82
Rice	141.27 5kg	4kg	113.02
Cassava Flour	42.20 1kg	6kg	253.22
Beans	59.67 1kg	3kg	179.02
Pounded Groundnut	46.74 1kg	1kg	46.74
Soya Pieces	21.43 1 kg	2kg	42.86
Beef	35.44 1kg	2kg	70.87
Chicken	81.81 2kg	5kg	204.53
Kapenta	95.03 1kg	1kg	95.03
Eggs	16.22 1 unit (10 eggs)	3 Trays (90 eggs)	145.95
Milk (Fresh)	7.28 500 ml	10 liters	145.53
Vegetables	612.60 40 Kg	40kg	612.60
Onion	12.66 1 Kg	4 Kg	50.63
Tomatoes	12.16 1 kg	6 kg	72.96
Banana	25.93 1 Kg	16 Kg	414.88
Other Fruits	26.67 1 kg	14 Kg	373.34
Cooking oil (2.5lts)	77.10 2.5lt	3.6lt	111.03
Salt	8.17 1 Kg	1 Kg	8.17
Tea	12.45 250g	250g	12.45
SubTotal			ZMW 3,125.65

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	124.00 90kg bag(s)	2 90kg bag(s)	248.00
Soap (Lifebuoy/Champion)	10.95 Tablet(s)	3 Tablet(s)	32.85
Wash soap (BOOM)	29.58 400g	4 400g	118.33
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)	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	24.41 Pack of 10	2 Pack of 10	48.82
Toilet Paper (2ply)	4.53 Tissue(s)	6 Tissue(s)	27.17
Lotion (Dawn)	27.95 250ml	1 250ml	27.95
Subtotal			ZMW 3,265.62

Total for Basic Needs and Nutrition Basket

ZMW 6,391.27

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	150.00	Chawama-Town	12.00
Grades 8-9 (User + PTA/year)	440.00	Mitec-Town	12.00
Grades 10-12 (User + PTA/year)	2,250.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
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
7,060.29	3,897.18	4,388.03	4,146.22	6,083.79	6,391.27	5,371.89	5,376.94	4,385.59	5,137.41	5,811.99	5,808.70	5,389.03	5,001.70	5,330.01	5,078.07

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 October, 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 October Basic Needs Basket is approximately US\$314 based upon the exchange rate of K20.35. Other costs would include personal care, clothing, recreation, etc.

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