

JCTR BASIC NEEDS AND NUTRITION BASKET

Solwezi

June 2020

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	116.65 25 kg bag	2 x 25Kg	233.29
Rice	186.77 5kg	4kg	149.41
Cassava Flour	46.07 1kg	6kg	276.40
(Sweet) Potatoes	5.28 1 Kg	4 Kg	21.14
Beans	22.30 1kg	3kg	66.91
Pounded Groundnut	33.87 1kg	1kg	33.87
Soya Pieces	20.42 1 kg	2kg	40.83
Beef	37.83 1kg	2kg	75.66
Chicken	76.33 2kg	5kg	190.83
Kapenta	57.05 1kg	1kg	57.05
Eggs	13.11 1 unit (10 eggs)	3 Trays (90 eggs)	118.00
Milk (Fresh)	7.83 500 ml	10 liters	156.55
Vegetables	1,079.69 40 Kg	40kg	1,079.69
Onion	25.99 1 Kg	4 Kg	103.96
Tomatoes	15.34 1 kg	6 kg	92.06
Banana	28.40 1 Kg	16 Kg	454.39
Other Fruits	48.58 1 kg	14 Kg	680.07
Cooking oil (2.5lts)	76.83 2.5lt	3.6lt	110.64
Salt	9.52 1 Kg	1 Kg	9.52
Tea	19.89 250g	250g	19.89
SubTotal			ZMW 3,970.15

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	145.20 90kg bag(s)	2 90kg bag(s)	290.40
Soap (Lifebuoy/Champion)	13.70 Tablet(s)	3 Tablet(s)	41.11
Wash soap (BOOM)	17.93 400g	4 400g	71.73
Jelly (Vaseline)	48.07 500ml	1 500ml	48.07
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	24.33 Pack of 10	2 Pack of 10	48.67
Toilet Paper (2ply)	5.92 Tissue(s)	6 Tissue(s)	35.50
Lotion (Dawn)	47.78 250ml	1 250ml	47.78
Subtotal			ZMW 3,303.26

Total for Basic Needs and Nutrition Basket

ZMW 7,273.41

(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	14.00
Grades 8-9 (User + PTA/year)	444.00		
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
		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
7,060.80	4,057.81	3,924.77	3,960.09	5,815.13	7,273.41	5,116.08	4,436.18	3,921.68	5,270.03	5,509.81	5,960.64	5,348.4847	5,054.65	6,106.22	5,037.03

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 June, 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 June Basic Needs Basket is approximately US\$401 based upon the exchange rate of K18.14. Other costs would include personal care, clothing, recreation, etc

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