

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

August 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	140.00 25 kg bag	2 x 25Kg	280.00
Rice	136.67 5kg	4kg	109.33
(Sweet) Potatoes	17.40 1 Kg	4 Kg	69.61
Beans	48.46 1kg	3kg	145.37
Pounded Groundnut	38.02 1kg	1kg	38.02
Soya Pieces	51.59 1 kg	2kg	103.17
Beef	70.17 1kg	2kg	140.33
Chicken	95.00 2kg	5kg	237.50
Kapenta	132.81 1kg	1kg	132.81
Eggs	19.44 1 unit (10 eggs)	3 Trays (90 eggs)	175.00
Milk (Fresh)	14.33 500 ml	10 liters	286.67
Vegetables	483.13 40 Kg	40kg	483.13
Onion	18.44 1 Kg	4 Kg	73.76
Tomatoes	14.23 1 kg	6 kg	85.38
Banana	10.00 1 Kg	16 Kg	159.99
Other Fruits	11.47 1 kg	14 Kg	160.62
Cooking oil (2.5lts)	130.00 2.5lt	3.6lt	187.20
Salt	8.67 1 Kg	1 Kg	8.67
Tea	12.67 250g	250g	12.67
<b>Sub Total</b>			<b>ZMW 2,889.24</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	160.00 90kg bag(s)	2 90kg bag(s)	320.00
Soap (Lifebuoy/Champion)	18.00 Tablet(s)	3 Tablet(s)	54.00
Wash soap (BOOM)	20.00 400g	4 400g	80.00
Electricity (medium density)	234.00 Month(s)	1 Month(s)	234.00
Water & Sanitation (med - fixed)	220.00 Month(s)	1 Month(s)	220.00
Housing (3 bedroom)	1,392.00 Month(s)	1 Month(s)	1,392.00
Jelly (Vaseline)	25.00 500ml	1 500ml	25.00
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	8.00 Tissue(s)	6 Tissue(s)	48.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,448.00</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,337.24</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

Item	Amount (ZMW)	Transport (bus fare round trip)	Amount (ZMW)
School Uniform (Grade 8-12)]	200.00	Manungu-Town	41.00

### **Health**

### **Fuel (cost at the pump July, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	23.19
Diesel (per litre)	24.87
Paraffin (per litre)	18.43

**(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA**

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5279.05	5,299.91	6,044.18	7,098.97	4,956.37	7,019.51	6,458.94	6,217.87	9,077.86	6,003.91	5,047.41	5,337.24	5,853.75	7,603.26	7,945.30

This survey was conducted on 25<sup>th</sup> August 2022 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average Prices were Calculated on the basis of prices gathered from retail outlets at Main Market, Town market, Manungu, Site and Service and Schools, clinics/hospitals, and filling stations around Lusaka. The August Basic Needs and Nutrition Basket is approximately US\$335.67 based upon the exchange rate of K15.90. Other costs would include personal care, clothing, recreation, etc.

**Jesuit Centre for Theological Reflection, P.O. Box 37774, 10101 Lusaka, Zambia**

**Tel: 260-211-290-410 Fax: 260-211-290-759 E-mail: [jctr.sed@gmail.com](mailto:jctr.sed@gmail.com) Website: [www.jctr.org.zm](http://www.jctr.org.zm)**

**Location: 3813 Martin Mwamba Road, Olympia Park, Lusaka**

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

**JCTR Repository**

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

---

Reports

Advocacy on Living Conditions

---

2022-08-31

# Monze August 2022 Basic Needs and Nutrition Basket Report

Jesuit Centre for Theological Reflection

Jesuit Centre for Theological Reflection

---

<https://hdl.handle.net/20.500.14274/1043>

*Downloaded from JCTR Repository, Jesuit Centre for Theological Reflection (JCTR)*