

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

September 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	152.50 25 kg bag	2 x 25Kg	305.00
Rice	156.55 5kg	4kg	125.24
(Irish) Potatoes	19.00 1 Kg	4 Kg	75.98
Beans	39.50 1kg	3kg	118.49
Pounded Groundnut	38.54 1kg	1kg	38.54
Soya Pieces	46.36 1 kg	2kg	92.71
Beef	85.00 1kg	2kg	170.00
Chicken	92.50 2kg	5kg	231.25
Kapenta	164.82 1kg	1kg	164.82
Eggs	18.33 1 unit (10 eggs)	3 Trays (90 eggs)	165.00
Milk (Fresh)	17.00 500 ml	10 liters	340.00
Vegetables	477.75 40 Kg	40kg	477.75
Onion	13.57 1 Kg	4 Kg	54.30
Tomatoes	9.15 1 kg	6 kg	54.91
Banana	11.10 1 Kg	16 Kg	177.56
Other Fruits	18.16 1 kg	14 Kg	254.21
Cooking oil (2.5lts)	142.50 2.5lt	3.6lt	205.20
Salt	10.00 1 Kg	1 Kg	10.00
Tea	28.00 250g	250g	28.00
<b>Sub Total</b>			<b>ZMW 3,088.97</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	140.00 90kg bag(s)	2 90kg bag(s)	280.00
Soap (Lifebuoy/Champion)	15.00 Tablet(s)	3 Tablet(s)	45.00
Wash soap (BOOM)	16.00 400g	4 400g	64.00
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 2,383.00</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,471.97</b>

## (C) SOME OTHER ADDITIONAL COSTS

### **Education**

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

### **Health**

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

Item	Amount (ZMW)
Petrol (per litre)	21.54
Diesel (per litre)	23.12

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Kitwe	Livingstone	Luanshya	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
4,957.55	5,362.03	6,015.65	6,725.45	4,705.24	7,099.95	6,291.21	6,255.93	8,850.38	4,450.53	6,119.93	5,068.96	5,471.97	5,664.85	7,486.08	7,834.80

This survey was conducted on 25<sup>th</sup> September 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 September Basic Needs and Nutrition Basket is approximately US\$348.31 based upon the exchange rate of K15.71. 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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2022-09-30

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