

# JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

October 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	135.00 25 kg bag	2 x 25Kg	270.00
Rice	144.01 5kg	4kg	115.21
(Irish) Potatoes	17.85 1 Kg	4 Kg	71.38
Beans	37.98 1kg	3kg	113.95
Pounded Groundnut	44.91 1kg	1kg	44.91
Soya Pieces	56.01 1 kg	2kg	112.02
Beef	71.25 1kg	2kg	142.50
Chicken	93.75 2kg	5kg	234.38
Kapenta	170.06 1kg	1kg	170.06
Eggs	20.00 1 unit (10 eggs)	3 Trays (90 eggs)	180.00
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	500.82 40 Kg	40kg	500.82
Onion	15.34 1 Kg	4 Kg	61.36
Tomatoes	6.23 1 kg	6 kg	37.37
Banana	15.80 1 Kg	16 Kg	252.75
Other Fruits	18.63 1 kg	14 Kg	260.87
Cooking oil (2.5lts)	137.50 2.5lt	3.6lt	198.00
Salt	9.33 1 Kg	1 Kg	9.33
Tea	45.67 250g	250g	45.67
<b>Sub Total</b>			<b>ZMW 3,130.57</b>

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	127.50 90kg bag(s)	2 90kg bag(s)	255.00
Soap (Lifebuoy/Champion)	16.33 Tablet(s)	3 Tablet(s)	49.00
Wash soap (BOOM)	19.33 400g	4 400g	77.33
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)	33.75 500ml	1 500ml	33.75
Sanitary towels	20.00 Pack of 10	2 Pack of 10	40.00
Toilet Paper (2ply)	5.00 Tissue(s)	6 Tissue(s)	30.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
<b>Subtotal</b>			<b>ZMW 2,366.08</b>
<b>Total for Basic Needs and Nutrition Basket</b>			<b>ZMW 5,496.65</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 Oct, 2022)**

Item	Amount (ZMW)
Petrol (per litre)	22.74
Diesel (per litre)	26.16
Paraffin (per litre)	16.06

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

Chinsali	Chipata	Choma	Kabwe	Kasama	Livingstone	Lusaka	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,098.48	5,376.21	6,044.00	6,884.91	4,772.60	6,987.87	8,537.78	4,607.36	5,911.49	4,797.78	5,496.65	6,007.25	7,416.64	7,810.82

This survey was conducted on 25<sup>th</sup> October 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 October Basic Needs and Nutrition Basket is approximately US\$328.94 based upon the exchange rate of K16.71. 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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2022-10-31

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