

JCTR BASIC NEEDS AND NUTRITION BASKET

Monze

December 2022

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

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	137.50 25 kg bag	2 x 25Kg	275.00
Rice	184.85 5kg	4kg	147.88
Cassava Flour	47.50 1kg	6kg	285.00
Irish Potatoes	22.08 1 Kg	4 Kg	88.32
Beans	35.79 1kg	3kg	107.36
Pounded Groundnut	31.27 1kg	1kg	31.27
Soya Pieces	49.20 1 kg	2kg	98.41
Beef	75.13 1kg	2kg	150.25
Chicken	95.17 2kg	5kg	237.92
Kapenta	184.62 1kg	1kg	184.62
Eggs	20.83 1 unit (10 eggs)	3 Trays (90 eggs)	187.50
Milk (Fresh)	15.50 500 ml	10 liters	310.00
Vegetables	320.56 40 Kg	40kg	320.56
Onion	16.74 1 Kg	4 Kg	66.97
Tomatoes	10.85 1 kg	6 kg	65.09
Banana	14.36 1 Kg	16 Kg	229.69
Other Fruits	5.36 1 kg	14 Kg	75.08
Cooking oil (2.5lts)	137.50 2.5lt	3.6lt	198.00
Salt	9.00 1 Kg	1 Kg	9.00
Tea	19.44 250g	250g	19.44
SubTotal			ZMW 3,087.36

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price(ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	150.00 90kg bag(s)	2 90kg bag(s)	300.00
Soap (Lifebuoy/Champion)	14.50 Tablet(s)	3 Tablet(s)	43.50
Wash soap (BOOM)	19.00 400g	4 400g	76.00
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)	28.75 500ml	1 500ml	28.75
Sanitary towels	22.00 Pack of 10	2 Pack of 10	44.00
Toilet Paper (2ply)	6.00 Tissue(s)	6 Tissue(s)	36.00
Lotion (Dawn)	35.00 400ml	1 400ml	35.00
Subtotal			ZMW 2,409.25

Total for Basic Needs and Nutrition Basket

ZMW 5,496.61

(C) SOME OTHER ADDITIONAL COSTS

Education	Amount (ZMW)	Transport (bus fare round)	Amount (ZMW)
Item		Item	
School Uniform (Grade 8-12)]	200.00	Manungu-Town	41.00
Health	Fuel (cost at the pump)	Item	Amount (ZMW)
		Petrol (per litre)	25.89
		Diesel (per litre)	27.38
		Paraffin (per litre)	20.45

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

Chinsali	Choma	Kabwe	Kasama	Kitwe	Livingstone	Lusaka	Luanshya	Mansa	Mazabuka	Mongu	Monze	Mpika	Ndola	Solwezi
5,502.37	6,298.28	7,150.84	4,314.94	7,218.20	6,757.14	8,982.82	5,621.22	5,202.22	5,896.48	5,437.11	5,496.61	5,960.05	7,290.31	8,188.02

This survey was conducted on 25th December, 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 at Main Market, Town market, Manungu, Site and Service Market as well as Schools, clinics/hospitals, and filling stations around Monze. The December Basic Needs and Nutrition Basket is approximately US\$ 305.88 based on the exchange rate of K 17.97 other costs would include personal care, clothing, recreation, etc.

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2022-12-31

Monze December 2022 Basic Needs and Nutrition Basket Report

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